The Relationship Between Social Networking Sites and Trait Procrastination

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Abstract

The aim of this current study was to contribute a greater understanding and analyse the relationship between social networking sites and trait procrastination. Previous research largely focuses on younger adults and students, this current study aims to expand on this taking all adult age ranges into consideration. A questionnaire was administered online with a total number of 162 participants having completed it. The questionnaires had demographic questions followed by two scales which helped measure these variables. The first scale was and adapted Social Network Sites Usage Questionnaire Scale (SNSUQ) and a Pure Procrastination Scale (PPS). Results revealed that there is a significant positive relationship between Social Network Sites Usage and Procrastination. Results also showed that there was a significant negative relationship between age and procrastination. Moreover, findings also demonstrated that there was no difference between student status and use of social networking sites. Findings contribute and expand greater to existing literature on social network sites and procrastination. Results from this study recognised implications as well as having outlining strengths, limitations, and future work.

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Introduction

Social networking sites (SNS) provides an online space for people to share opinions, connect and communicate with others virtually (Kim, Sohn, & Choi, 2011). Social networking sites are nowadays more often referred to as "social media". Although terms such like social networking and social media seems to have only been established this past decade, it originally dates back more than thirty-five years (Korenich, Lascu, Manrai, & Manrai, 2013). In recent years, we have witnessed a rapid increase in the use of technologies and sites. The most popular sites being, Facebook, Instagram, Twitter, Snapchat, LinkedIn (Kane, Alavi, Labianca, & Borgatti, 2014). Nowadays, individuals tend to use more than just one of these sites. The use of these sites and platforms has become part of everyday life and routine, resulting in internet use occupying a portion of leisure time in the lives of many users worldwide. As evidenced, majority of our communication habits are now based on the use of social media networks (Thatcher, Wretschko, & Fridjhon, 2008). The use of social networking has significantly increased in the last decade or more. Statistics recently published stated that the number of social network users worldwide over a nine-year period and predicting the increase in the next four years. In 2010 there were 0.97 billion users. Two years ago, in 2019 there were 2.95 billion. That is an increase of nearly two billion (1.98) users (Clement, 2020). These statistics also estimate for figures to increase by another half a billion users by 2023. Whilst the figures in the nine-year period may not come as a shock to most people, it is expected to increase half a billion in the next four years. This perhaps could imply that children are beginning to use social media at younger ages as the years go on. According to Purrin (2015), between 2005 and 2015 overall, there had been an 65% increase of all adults who now use social networking sites in the American population (Perrin, 2015). As expected, young adults are more likely to use social networking sites. Purrin (2015) found that over 90% of young adults aged between 18 and 29 years use social networking sites fully. Among older adults 65 plus, results indicate that in 2005, just 2% of older adults used social networking sites in 2005, compared to 35% in 2015 (Perrin, 2015). This study suggests that this number may increase further in the next number of years. Whether or not this increase is due to new platforms being developed is still unclear. In recent years there has been investigations and research done examining the 'addictiveness' of the use of the internet. However, debate on this is still going on (Thatcher et al., 2008).

The use of the internet has many advantages, it is inexpensive and widely accessible, convenient to access and publish information. It accedes for easy instant communication

giving opportunity for building friendships on social platforms (Siddiqui & Sinigh, 2016). The internet and use of social networking sites are inexpensive and has hugely benefitted businesses in more recent years with marketing strategies, promotions, advertisements etc (Issac & Omam, 2020). In more recent months due to uncertainty and predicament businesses may need to rely on online sales to stay afloat. The internet and social networking sites promotes availability for affluent academic e-learning by providing resources for students suchlike videos, academic data bases, eBooks, viewing lecture slides and giving the circumstances of covid19 pandemic, the use of the internet allows students to access live remote learning.

While the internet and social sites are useful, there are disadvantages to it (Rostam, 2020). Some young people may be oblivious and unaware of the consequences of revealing personal details and information online. Revealing personal information online such as address, phone number, or even birthday could potentially mean one is at greater risk of identity theft, being stalked or even harassment. Therefore, we need to educate them to be careful on what they share (Kumar & Gapta, 2017). Considering younger people grow up nowadays having technologies and networking sites at hand, this results in them relying heavily on these sites for all communications. Perhaps, resulting in a lot less physical social interaction (Issac & Omam, 2020). This potentially could lead to addiction to these sites, subsequently finding it near impossible to get away from it (Kumar & Gapta, 2017). There has been an enormous amount of research done on younger adults and use of the social sites. Negative impacts of networking sites may effect older adults as well, being exposed to lots of information online, this can lead to information overload / infobesity (Siddiqui & Sinigh, 2016) causing individuals to get overwhelmed and uncertain about what they should believe. News around Covid-19 is a prime example of this. Nonetheless, with saying that overall, there is not a broad amount of literature around middle aged and older adults on the topic of social networking.

Another predominant disadvantage of social networking is procrastination. This seems to be becoming a bigger problem as people rely on internet use more than ever before. Procrastination refers to the inability of an individual to convert an intention to act into the actual act or doing of the act (Thatcher et al., 2008). Procrastination is the failing of completing or delay of doing a task, not indeed avoiding it completely, but perhaps voluntarily delaying it (Klingsieck, 2013). Several studies have addressed some causes and predictors of procrastination. Some of these include, trouble concentrating, low self-control,

low self-confidence and a lack of motivation, (Klingsieck, 2013; Steel, 2007; van Eerde, 2003). Procrastination has been linked to some stable trait characteristics suchlike low self-control or high impulsiveness. Moreover, there is very little agreement and evidence to suggest whether or not procrastination itself is a personality trait or a consequence of a person's situational circumstances (Thatcher et al., 2008). The personality trait view to procrastination shows mixed evidence for relationships between procrastination behaviour and numerous personality traits.

Procrastination is remotely related to problems of time management as procrastinators often know what they should be doing, however are failing to do it. Some evidence suggests that procrastination is associated with poorer performance and overall negative work outcomes. Use of the internet procrastination is regularly referred to as cyber slacking or cyber-loafing. (Lavoie & Pychyl, 2001; Lim, 2002) This usually refers to people using the internet in order to avoid doing tasks that are perceived as boring or unpleasant. Sites and web pages provide people with a wealth of entertaining distractors. For instance, browsing, news entertainment, emailing, chatting etc. The use of social networking sites and internet browsing is often perceived as entertaining and positively related to perceived stress relief (Lavoie & Pychyl, 2001). Kim and colleagues (2017) conducted study with college students of range of ages, mainly young adults in south Korea whereby with the aim was to examine the relationship among time perspective, self-control, internet use and procrastination. Results imply that time perspective effects internet use/ addiction and procrastination. Particular was paid attention to time perspectives and found that people who have low self-control leads to a higher chance of internet addiction, (Kim, Hong, Lee & Hyun, 2017) Than people who have higher levels of self-control. From this study, it could be suggested that self-discipline is a major part of how long individuals procrastinate by spending time on the internet. Andangsari and colleagues also looked at college students aged between 17-25 years, looking at loneliness and problematic internet as causes of academic procrastination. Results explains that there is a significant relationship between loneliness and problematic internet use (PIU) and procrastination among students. (Andangsari, Djunaidi, Fitriana, & Harding, 2018). However, this speaks that academic procrastination is not only because of problematic internet use, but also loneliness and other factors as well. From both these studies it can be concluded that procrastination is a problem in relation to internet use in young adults.

Psychological factors have also been looked at in relation to procrastination. A correlational was study done by Reinecke Leonard and colleagues in 2018, investigating the relationship between trait procrastination, internet use and psychological functioning. Results focused on German adolescents and found that trait procrastination was significantly associated with impaired psychological functioning of adolescents. Trait procrastination was positively related to sleep problems, having a knock-on effect and consequently resulting in less quality performance in daily life, i.e., academic performance. These results also found that trait procrastination being linked to detrimental effect in importance aspects, or rather domains of adolescents, I.e. interpersonal relationships, particularly with family, parents (Reinecke, 2018). This study found the higher the trait procrastination was associated lower levels of satisfaction they would report with family members. While the above findings by Reinecke aren't highly surprising considering these adolescents are growing up with the use of technologies. Nonetheless, Overall, it is quite concerning how they are going through crucial development stages and potentially at more of a risk than older adults having the same or higher levels of procrastination which could perhaps result in delays in numerous developmental tasks. Taking that the use of social media is predicted to increase in the next few years, children emerging into adolescents may need to be educated on the use of social media at a young age and particularly on the effects of too much internet use.

The impact of frequent social internet consumption on procrastination on university students was examined by Hinsch & Sheldon (2013) focusing primarily on both Facebook usage and gaming. Results conclude that social internet consumption perhaps could provide immediate short-term rewards, However, has long term effect on procrastination (Hinsch & Sheldon, 2013). The relationship between Facebook and procrastination was also looked at by (Przepiorka, Błachnio, & Díaz-Morales, 2016), participants in this data ages were ranging from 18 to 58 years, 73.4% of participants were university students. They found that people who procrastinate more tend to use Facebook in an excessive way. This also supports what was mentioned earlier in relation to social networks, i.e. Facebook is treated like a stress relief. Findings illustrate that general and decisional types of procrastination are related to Facebook intensity and intrusion. Findings also shows that younger females procrastinate more than males. Interestingly, in previous literature they found that there was no gender difference.

Whilst the above studies focus on adolescents and young adults, this gives rise to questioning whether or not older adults procrastinate to the same extent, more, or less than

younger adults. However, a small number of studies did look at adult's social networking use in the workplace (Greenfeild & Davis, 2002). from their sample it concluded that employees averagely spend more than three hours online weekly conducting non-work-related activities in work. This is an interesting point, as when this study was conducted, smart phones had not been established so accessing non internet sources wasn't as available to hand as it is now. Comparing Greenfeild and Davis study to a more recent study by Munene & Nyaribo (2013), who looked at the effect of social media participation in the workplace on employees. This study was a quantitative study, findings revealed that 80% admitted that they use social media the daily in work. (Munene & Nyaribo, 2013). There was a positive relationship between seeking and viewing personal networks at work and their lack of productiveness / procrastination. This helps to justify that social media participation influences employee work. However, this may suggest that social media participation has an influence these individual's general day to day basis doing tasks other than their actual paid job.

The Current Study

It is certainly evident to say that the internet and social networking sites have become a big part of daily routine for majority of people. As mentioned, the use of the internet has rapidly increased in the last decade and is expected to keep increasing. Procrastination has become more and more of an issue since the internet increase, particularly for the younger adults age group as can be noticed from the above literature, vast majority of research that has been done on social networking and procrastination together mainly focuses either on adolescents and young adults how it effects their academic performance, or employees at work and their productivity. Therefore, a gap can be identified around older adults in general day to day life and use of social networks, not just in relation to employment. This current study aims to discover the following: i) Is there a relationship between social networking sites and procrastination within this current sample, ii) Is there a relationship in age and procrastination, whether or not older adults also procrastinate to the same extent or similar to younger adults, expanding upon what is already found in relation to younger adults. iii) Does student status influence social networking usage. In light of the above literature review, and a brief introduction of the current study, outlined below are the research questions and hypotheses for this current study.

Research Question 1: Does social networking usage increase procrastination?
Hypothesis 1: There is relationship between social networking sites usage and levels of procrastination.

Research Question 2: Does procrastination levels lower with age?
Hypothesis 2: There is a relationship between age and procrastination.

Research Question 3: will Students use social networking more than those who are not students?
Hypothesis 3: There will be a difference between social networking usage among student status.

Methods

Participants

The sample for this current study consisted of 162 participants. The minimum number of participants needed to conduct this study was calculated by using the G* Power 3.1 Statistical Power Analyses (Faul, Erdfelder, Buchner, & Lang, 2009). Calculations suggested that a sample size with a minimum of 122 participants were required for a statistically powerful analysis. The participants were recruited by using snowball sampling technique. The researcher shared the questionnaire on a number of social networking platforms (Facebook, Instagram and Snapchat). This also gave access to individuals and participants to share the questionnaire, allowing friends / followers of theirs to share it and so on. The benefit of sharing the questionnaire on social networking sites was it ensured the sample consisted of participants who were active on social networking sites, which was also emphasised in the information sheet. This meant that more valid responses could be provided to the research question. There were a number of demographics included; Age, Gender, Employment status, and Student status were administered to gain a general background of each participant. Though all these demographics may not be used in statistical analysis and results section, they may be beneficial for future and further statistical analysis.

Measures

The questionnaire was conducted using google forms survey builder. The questionnaire consisted of Demographics, two other questions, following on to the two scales. Demographic questions being the ones already mentioned above: age, gender, employment, and student status. Two other questions in relation to the participants use of social networks were also asked, “How many SNS do you use” and “How long have you been using SNS”. Following on from this section, two scales were also used in this survey, Social Network Sites Usage Questionnaire (SNSUQ) and Pure Procrastination Scale (PPS).

Social Network Sites Usage Questionnaire

Social Network Sites usage scale is an adapted version of Ellison and colleagues 2007 Facebook Intensity Scale (Ellison, Steinfield, & Lampe, 2007). Ellison and colleagues were focusing primarily on the use of Facebook, the adapted version, being Social Networking sites usage scale, by Shi and Colleagues. (Shi, Luo, Yang, Liu, & Cai, 2014). Instead of only examining one specific site Shi and colleagues generalised features that were common standard to multiple social networking sites. They also expanded this newly developed scale

to a wider application (Shi et al., 2014). The social networking sites usage questionnaire had good acceptable reliability within the current study with Cronbach's alpha coefficient (α = .75). This SNSUQ consists mainly of a featured usage scale, the scale consists of thirteen items, ten of which refer to the featured frequency items which were measured on a 7-point scale. 1= Never, 2= Yearly, 3= Monthly, 4= Weekly, 5= Multiple times a week, 6= Daily, 7= Multiple times a day. There were three other items in this questionnaire. One item referred to the duration of surfing the internet 1= less than 15 minutes, to 7= more than 4 hours). The number of Friends one has, 1= 1-50, 7= More than 500. Finally, the constitution of their friends 1= all acquaintances in reality, 7 = all are strangers in reality (See Appendix C for all response options). There was no reverse coding within this scale. All Items of the scale were added in SPSS and the total score was used for each analysis where applicable.

Pure Procrastination Scale (PPS)

The Pure Procrastination Scale was developed by Steel (2010). The PPS is a short scale, which initially contained twelve items (Steel, 2010). However, a short time later one item got removed due to face validity, studies which used the pure procrastination scale thereafter, used it as an eleven item scale including this current study (Rebetez, Rochat, Gay, & Van der Linden, 2014). The Cronbach's alpha coefficient for the pure procrastination scale was (α = .92) which indicates great reliability within this current study. The eleven items of the PPS evaluated procrastination conceptualisation as a dysfunctional delay. The Pure Procrastination scale is a 5-point Likert scale ranging from 1-5, 1= Very Seldom True - 5= Very Often True (See appendix D for further details on this scale). There was no reverse coding within this scale. All items of the scale were also added in SPSS and the total score was used for each analysis where applicable.

Design

The research design of the current study is cross sectional, correlational research design using a quantitative approach. A correlation test called Spearman's Rank Order were carried out for the first and second hypotheses. For the first hypothesis, the predictor variable was Social Network Sites Usage whilst the Criterion variable (CV) was Procrastination. For the second hypothesis, the predictor variable (PV) was age, and the outcome variable (CV) was also Procrastination. A one way between groups ANOVA was carried out for the third hypothesis, the predictor variable was Student status, and the outcome variable was Social Network Sites Usage.

Procedure

The data was collected through an online survey questionnaire platform called google forms. The questionnaire was uploaded onto social media platforms including Facebook, Instagram and Snapchat. When uploading the questionnaire to these platforms, it was emphasised before clicking onto the link that this current study was completely anonymous and would take approximately 5 minutes to complete with the aim of enhancing engagement and participation.

When individuals clicked the link to the questionnaire, they were firstly provided with an information sheet, which contained all the information that was involved in part taking in this study. Including, why the study is being conducted, what the requirements are to part take, for example, over eighteen, that they use social networking sites regularly. Information also included participation, anonymity, confidentiality, risks, and benefits, as well as an email address for both researcher and supervisor was provided in the event that participants may have queries or concerns before part taking in the study (see appendix A for full information sheet). Participants were asked to read through all the information sheet and were required to provide their informed consent by ticking the box to participate before continuing with the questionnaire. They also had to click yes to being over the age of eighteen. Both of these statements were required so participants were unable to continue with the questionnaire without ticking these two boxes. Participants had the right to withdraw from the study at any time without penalty, this was stated clearly in the information sheet / consent form. The questionnaire was completed by participants in their own time, it took approximately 5 minutes to complete.

The questionnaire consisted of three sections after participants had ticked to consent and ticked that they were over the age of eighteen. The first section of the questionnaire included demographics, as mentioned previously these demographics included gender, age, education status and student status. Thereafter, they were met with two questions one of how long they have been using social networking and the second how many social networking platforms they use. The second section included the thirteen item social networking sites usage scale, and the third section included the eleven item pure procrastination scale. After participants had submitted their responses, they were met by a debriefing sheet (See appendix E for full debriefing sheet). The debriefing sheet thanked the participants for taking part in the study and reminded them that all submissions are completely anonymous. It was unlikely

that participants suffered any type of distress from this questionnaire. However, in the case that they may have had, there were two helpline numbers given, My Mind and Pieta House, as well as the researcher and supervisors emails.

Ethical Considerations

The data collected within this present study took all ethical guidelines into consideration. Therefore, the study was approved by National College of Irelands Ethics Committee, which is in line with the Psychological Society of Ireland (2010) and National College of Ireland ethical guidelines and procedures for research including human participants. In line with these guidelines, the main requirement to take part in this study was to be over the age of eighteen and under the age of eighty-five. The questionnaire was completed by participants in their own time and took approximately 5 minutes to complete.

Results

Descriptive Statistics

The current sample consisted of 162 participants (n = 162). This consisted of majority female participants, with 79% being female (n = 128) and 21% were male participants (n = 34). Over half of the sample, 53.7% (n = 87) were in full time employment. There were 26.5% (n=43) part time employment, 11.1% (n =18) unemployed; with the remainder 8.7% (n = 14) been classified as other, i.e. retired, home maker, unable to seek work. A preponderance of the sample 72.8% (n = 118) were not a student; A total of 22.2% (n = 36) were full time students, with the remainder 4.9% (n = 8) been part time students.

There were three continuous variables including age, social networking usage, and procrastination. The mean, minimum and maximum, standard deviation and range are displayed below in Table 1.

Table 1

Descriptive statistics for continuous variables (N=162)

Variable	*M* [95% CI]	*SD*	Range
Age	38.19 [35.90, 40.48]	14.78	18 - 75
Social Networking Use	43.65 [42.16, 45.16]	9.16	22 - 73
Procrastination	31.85 [30.16, 33.54]	10.87	11- 55

Inferential Statistics

The relationship between Social Networking Sites Usage and Procrastination was investigated using Spearman's Order correlation Coefficient. There was a small positive correlation between the two variables found (R_S = .18, n = 162, p < .05). Results indicate that in this current sample the more use of social networking and higher level of procrastination.

There is a relationship between Age and Procrastination was investigated using a Spearman's Rank order Correlation Coefficient. There was a medium negative correlation found between the two variables (R_S = -.35, n = 162, p < .001). Results indicate that in this current sample, the older the age, the lower levels of procrastination.

A one way between groups ANOVA was conducted to determine if there were differences in student status in levels of social networking usage (scores). There were three groups according to student status: Full Time Student, Part Time Student and Not a Student. There were no significant differences in levels of social networking usage for the three groups, F (2, 159) = 1.62, p = .201. The effect size indicated a very small difference in social networking usage scores (eta squared = .03).

Discussion

The primary objective of this current study was to analyse the relationship and provide greater understanding between social networking sites and procrastination. The second objective of this study was to examine if age and procrastination were related. The third and final objective was exploring if there were differences between student status with social networking sites usage.

For the first aim of this study was to determine that there would be a relationship between social networking sites usage and procrastination. In this case, the null hypothesis was rejected. Due to the data not been normally distributed, this was explored by using a non-parametric correlational analyses test called Spearman's Rank Order correlation. It was found that there was a small significant positive relationship between the two variables. We speculate that these findings suggest that the more one uses social networking sites, the higher their procrastination scores are. Further analysis was investigated and found that the number of social networking sites one has is also positively correlated with procrastination. For example, a participant who had four, five or more social networking platforms had higher procrastination scores than those who had one or two social networking platforms.

For the second hypothesis, a Spearman's Rank Order correlation was also used to explore the relationship between age and procrastination. The null hypothesis was also rejected in this hypothesis as a medium negative relationship between the two variables was found. Essentially, negative correlation in the case of this current study means those who are older procrastinate less.

Lastly, for the third hypothesis, A one way between groups ANOVA was conducted to investigate if there is a difference between student status and social networking usage scores. Results demonstrated that there no significant difference between levels of social networking usage scores for the three groups, full time student, part time student, not a student. Therefore, failed to reject the null hypothesis in this hypothesis.

In the first hypothesis a significant difference was found between social networking sites usage and procrastination. This is supported by previous literature, a more recent study by Lian and colleagues in 2018 on undergraduate students revealed that the use and addiction of social networking sites significantly predicts procrastination (Lian, Sun, Zhou, Fan, Niu, & Liu, 2018). Mass amount of previous literature done on these two variables focuses

predominately on students and young adults. This current study expands on this and shows that there is a significant difference overall not just in younger adults or students.

The second hypothesis is not surprising, as it is in line with other studies. Whilst there is not a large number of studies on the topic of social networking usage and procrastination taking all adult age groups into consideration. The ones which did, have displayed the same results as this current study, that age is negatively correlated with procrastination. Steel (2007) found that on the bases of sixteen meta-analysis studies, there was a strong negative relationship between both age and procrastination (Steel, 2007). There has been a big increase in the amount of time young people spend online. A more recent study conducted in 2018 found that the age group of young people between 16-24 years, spend approximately twenty-seven hours online per week. This statistic is three times higher than the decade before (Alblwi, McAlaney, Thani, Phalp, & Ali, 2021). Research demonstrates that most of this age group are student who spend up to 40% of their time in class on social networking sites (Ravizza, Uitvlugt, & Fenn, 2016). Alblwi and colleagues identified many types of procrastination, the following four are in relation to Social networking sites procrastination; Avoidence, Escapism, Emergence and Mood modification (Alblwi, Stefanidis, Phalp & Ali, 2019). The need for young students to try and balance their time on social networking sites with academic studies and other factors is considered a form of 'Self – control dilemma' (Reinecke & Hofmann, 2016). As we grow older and mature, we increase in conscientious (Steel & Ferrari, 2013), which is a trait strongly and most often associated with procrastination. This link was initially established by Roberts, and colleagues in 2006. This raises concern for younger adults nowadays, as our neurobiological development is still developing and will be until the age of 25, the finishing touches of our prefrontal cortices as well as our ability to self-control (Roberts, Walton, & Viechtbauer, 2006). If young adults are spending three times longer on social networking sites than they were a decade ago, will younger adults now lack conscientiousness as they get older, resulting in positive correlations between social networking sites and procrastination in years to come.

The third hypothesis found some surprising results that there was no difference between social networking usage in students status. There is very little to no existing literature distinguishing the difference between those who are students and are not students and their use on social networking. From this, we can assume that some people who use social networking sites can manage and distribute their time better and more effectively at other things than others can, regardless if they are a student or not.

Implications

Our findings have identified a number of implications. This study does support the two of three of the hypotheses. When looking at the data set in greater detail, a substantial amount of what would be considered young adults, (under 25years) said that they have been using social networking sites for 10 years plus. Even though the minimum age for using these sites is thirteen, we can speculate that some of these participants may be using social networking sites even younger than the recommended minimum age. Therefore, a practical implication would include parents having a dedicated limited time of day or week for their children to be actively using these social networking sites, particularly until they reach the age of thirteen. Another implication includes informing fifth and sixth class primary school students about the effect and consequences of using social networking sites from a young age. Whilst a lot of second level schools around the country are not required by law to have a social networking sites policy, many of them have emphasised on their websites that using personal social networking during school hours is not permitted unless permission is given by a member of staff. By entering second level education, majority of adolescents who wish to be on social networking platforms more than likely will have done so by now. Having regular workshops within second level schools about the effects of overusing social networking sites, from many different avenues particularly psychological factors, may benefit adolescents to manage their time on social media before the realisation of it becoming an addiction.

Strengths

The contributions made in this study are widely applicable and therefore there are a quantity of strengths that can be identified. Firstly, overall, this current study had very good reliability with both scales been above the acceptable number. For Social Networking Sites Usage Scale ($\alpha = .75$), while Pure Procrastination Scale ($\alpha = .92$). This ensured that good unique estimate of internal consistency and reliability was used to measure exactly what it was initially set out to measure.

Additionally, the scales are considered relatively short, with both scales totalling in 24 items altogether after demographic questions, it was emphasised that the questionnaire would take approximately five minutes to complete. Having shorter questionnaire scales meant that there was greater likelihood participants would engage with the questionnaire through to the very end without withdrawing before submitting.

Another strength to this study is the wide rang age, as mentioned on numerus occasions, previous studies which looked at social networking sites and procrastination mainly focused younger adults and / or students. This study expands beyond young people taking adults as old as seventy-five into consideration and being able to compare and contrast their social networking use and procrastination levels with younger adults.

Limitations and Future Research

As well as strengths, the current study also identifies several limitations. Firstly, there were a low number of older adults (60+) in comparison to middle aged and young adults so therefore we did not receive a sufficient amount of older age adults' responses in order to do a detailed compare and contrast analyses on this age group. Similarly, there were a small number of participants in the part time student group thereupon resulting in the third hypothesis ANOVA results potentially been effected by this.

Having analysed the summary of the raw data in google forms, as well as overall statistical data set, certain patterns of responses on the Social Networking Usage Scale questionnaire gave rise to issues in relation to validity. Particularly within the first two questions on the scale. When asked how frequently participants use social networking sites, over half of participants selected using social networking sites 'multiple times a day', the following question stated 'on average each time you visit social networking sites, how long would you spend on it? (See appendix C for response options) A considerable number of participants who selected 'Multiple times a day' on the previous question, selected either 1-2 hrs, 2-3hrs or 3-4 hrs on this question. However, it is highly unlikely that an individual would spend 2 plus hours on social networking sites multiple times a day. This limitation may be a justification as to why the Cronbach's Alpha coefficient for this scale was slightly lower than it was for previous studies which used this scale. Nevertheless, the reliability for this scale was still good as previously mentioned. This question seems to have been miss interpretated by participants as to how long they spend on social networking sites daily instead of each time they visited it. In future work, investigating social networking usage with this scale perhaps may take into consideration of rephrasing this question more appropriately towards preventing them from having this same limitation.

Another limitation to this study was only two scales were used. Consequently, resulting in been limited in the number of analyses which could be explored. Future studies

could aim to take into consideration and measure items that such like what Reinecke, (2018) measured. This study was briefly outlined in the introduction literature review of this study. However, to reiterate, overall, they found significant results on adolescents Internet use and procrastination on psychological factors such as sleep problems, relationships, multitasking and others. Due to this current study discovering that those who are older will procrastinate less, this would give rise to the question of would this mean that psychological factor findings would not be as significant in older adults as they are with Reinecke (2018) findings due to just focusing on adolescents. We believe that this would be an interesting and insightful study that could be conducted in the near future.

A fourth limitation to this study was it been a cross sectional design. Cross sectional designs are fast, affective and a once off time point collecting data. Though this study did find some statistically significant results. However, no causal relationships can be inferred. Future research could delve deeper into this topic with a longitudinal research design. This could be done by measuring what would be considered base line data of participants social networking usage and procrastination, thereupon randomly assigning an equal number of participants into a control group asking them to limit their screen time on social networking usage, while allowing the experimental group to continue using social networking sites as they have been. Measuring this at three time points, Baseline, 6 weeks and 12 weeks to see whether or not procrastination levels lower overall with limited time on social networking sites with the control group or if it stays the same as experimental group.

Finally, although gender differences were not been examined in this current of this study, due to having significantly larger number of females, (over three times more) in comparison to males would result in gender bias. Future research should consider the potential effects that this might have. It would be recommended to try and encourage more male participants to take part in this type of study and particularly in the case of looking at gender biases or perhaps offer reward to participants if eligible to do so.

Conclusion

Overall, this study findings revealed that there is a relationship between social networking sites and procrastination within this current sample which is consistent with existing literature. Despite results found that there was a negative relationship between age and procrastination, there was no difference found between been a student or not a student

and social networking sites usage. In context, this means even though older adults may procrastinate less than younger adults, there is no difference in the usage of social networking with overall participants in this sample. Future studies may take into consideration the listed limitations from this study to benefit their own. Overall, this current study aimed to expand and strengthen upon existing literature.

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Appendices

Appendix A

Information sheet

Dear participant.

Please take some time to read through the following information. My name is Aishling Keane, I am a final year undergraduate Psychology student at National College of Ireland, as part of my degree it is compulsory for me to carry out independent research.

About the study

I am inviting you to take part in an undergraduate research study exploring the relationship between social networking usage and trait procrastination. To participate in this study, you must be over the age of 18 and under the age of 85. You also must use social networking on a regular basis to participate.

Participation

Participation in this study is completely voluntary, so having read this information sheet you have the choice whether you want to take part or not. In the event that you do wish to participate and having clicked the consent button you can then fill in the following questionnaire based on social networking use and trait procrastination.

Anonymity and confidentiality

For the purpose of enhancing the participants engagement, the questionnaire will be completely anonymous so therefore nobody, including the researcher will be able to identify which was your response. All responses to the questionnaire will be securely stored and be password protected so only the researcher can view this anonymous data.

Withdrawal from the study

You have the opportunity to withdraw from the study at any time during the process of filling out the questionnaire. However, once you click the submit button, your response cannot be withdrawn from the data.

Benefits and risks

There is no direct benefits or rewards being offered for participation in this study, as it is completely voluntary. In the unlikely event that you may feel distressed from this study, there are contacts left at the end of the questionnaire that you can avail of if you wish to do so.

Consent

Please tick below to confirm that you have read the above information, that you wish to take part in this study and you are over the age of eighteen.

Thank you for your co-operation and participation.
If at any point you have any questions. Please do not hesitate to me, Aishling, at x18398503@student.ncirl.ie or my thesis Supervisor Fearghal O'Brien at fearghal.OBrien@ncirl.ie

I confirm that I have read the above information and I wish to participate in this study. *

☐ Yes

I confirm that I am over the age of 18 and under the age of 85 *

☐ Yes

Appendix B

Demographics

Gender *

Female
Male
Prefer not to say
Other

Age *

Student Status *

Full Time Student

Part time Student

Not a Student

Employment Status *

Full Time Employed
Part Time Employed
Unemployed
Other

How long have you been using Social Networking Sites? *

1-3 Years
3-5 Years
5-7 Years
10 Years +

How many Social Networking platforms do you use? *

1
2
3
4
5 +

Appendix C

Social Networks Sites usage Questionnaire Scale

How frequently do you use SNS? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

On average, each time you visit SNS how long would you spend on it? *

15 minutes or less
15 - 30 minutes
0.5 - 1hr
1-2 hrs
2-3 hrs
3-4 hrs
More than 4 hrs

In your favourite SNS how many Friends / followers do you have? *

1-50
50 - 100
100 - 200
200- 300
300 - 400
400 - 500
More than 500

In your favourite SNS the composition of your friends / followers... *

All are acquaintances in reality
Most are acquaintances in reality
Some are acquaintances in reality
Equal - some are acquaintances, some are strangers
Some are strangers in reality
Most are strangers in reality
All are strangers in reality

How frequently would you send private message to others? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you update your status or share posts? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you write notes /blogs? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you update your profile image? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you post photos? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you share or re-send others' profiles (e.g. notes or photos)? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you visit your friends' page? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you comment on others' notes or photos? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

How frequently do you check others' comments or message on your profiles? *

Never
Yearly
Monthly
Weekly
Multiple times a week
Daily
Multiple times a day

Appendix D

Pure Procrastination Scale

Please answer all questions below by selecting one, depending on which is most relatable to you, Very seldom, seldom, Sometimes, Often, very often.

1- Very Seldom
2- Seldom
3- Sometimes
4- Often
5- Very Often

1. I delay decision making until it's too late
2. Even after I make a decision, I delay acting upon it
3. I waste a lot of time on trivial matters before getting to the final decision
4. In preparation for some deadlines, I often waste time by doing other things
5. Even jobs that require little else except sitting down and doing them, I find that they seldom get done for days.
6. I often find myself preforming tasks that I had intended to do days before
7. I continually say " I'll do it tomorrow".
8. I generally delay before starting on work I have to do
9. I find myself running out of time
10. I don't get things done on time
11. I am not very good at meeting deadlines

Appendix E

Debriefing

Thank you for your participation in the present study, concerning the relationship between social networking usage on trait procrastination. As mentioned in the introduction, all data submitted in this study is completely anonymous. The results obtained in this research will be submitted to The National College of Ireland for my final year thesis.

It is unlikely that this topic may have caused distress to individuals, but in the case that it did, please do not hesitate to contact any of the helplines listed below. Or alternatively If you have any questions etc regarding this study, please feel free to ask the researcher at this time, Aishling Keane (email: x18398503@student.ncirl.ie)

Or contact my thesis supervisor Fearghal O' Brien (email: fearghal.obrien@ncirl.ie).

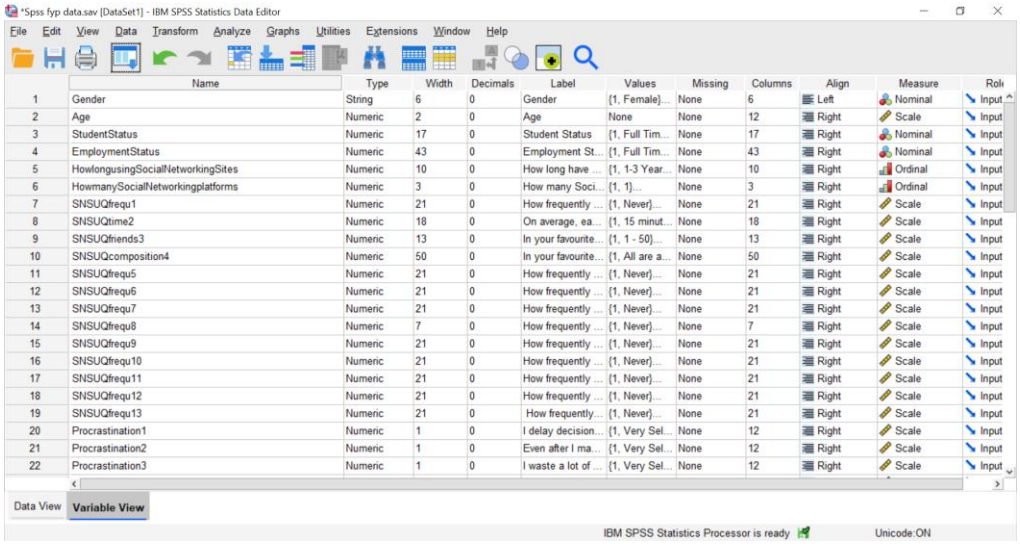
Many thanks again for your cooperation and participation.

MyMind- Email: hq@mymind.org or Phone: +353 76 680 1060

Pieta House – Phone: 1800 247 247 or Text: HELP to 5144

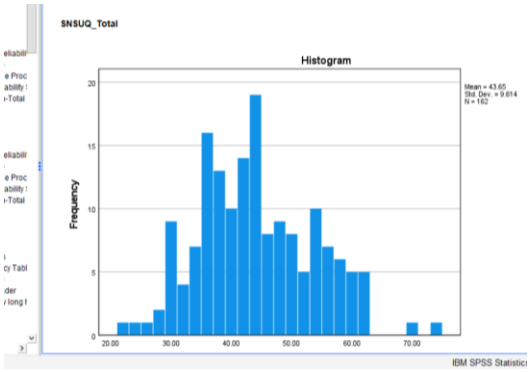
Appendix F

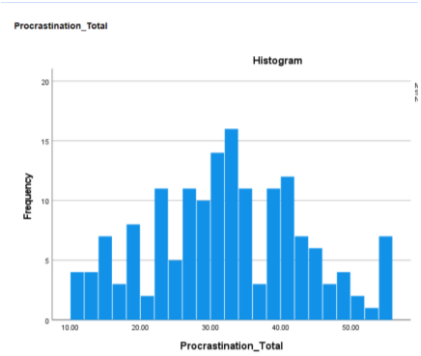
Evidence of Data set.



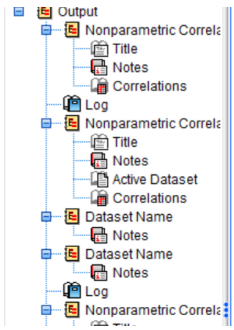
	Name	Type	Width	Decimals	Label	Values	Missing	Columns	Align	Measure	Role
1	Gender	String	6	0	Gender	{1, Female}...	None	6	Left	Nominal	Input
2	Age	Numeric	2	0	Age	None	None	12	Right	Scale	Input
3	StudentStatus	Numeric	17	0	Student Status	{1, Full Tim...	None	17	Right	Nominal	Input
4	EmploymentStatus	Numeric	43	0	Employment St...	{1, Full Tim...	None	43	Right	Nominal	Input
5	HowlongusingSocialNetworkingSites	Numeric	10	0	How long have ...	{1, 1-3 Year...	None	10	Right	Ordinal	Input
6	HowmanySocialNetworkingplatforms	Numeric	3	0	How many Soci...	{1, 1}...	None	3	Right	Ordinal	Input
7	SNSUQfrequ1	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
8	SNSUQtime2	Numeric	18	0	On average, ea...	{1, 15 minut...	None	18	Right	Scale	Input
9	SNSUQfriends3	Numeric	13	0	In your favourite...	{1, 1 - 50}...	None	13	Right	Scale	Input
10	SNSUQcomposition4	Numeric	50	0	In your favourite...	{1, All are a...	None	50	Right	Scale	Input
11	SNSUQfrequ5	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
12	SNSUQfrequ6	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
13	SNSUQfrequ7	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
14	SNSUQfrequ8	Numeric	7	0	How frequently ...	{1, Never}...	None	7	Right	Scale	Input
15	SNSUQfrequ9	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
16	SNSUQfrequ10	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
17	SNSUQfrequ11	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
18	SNSUQfrequ12	Numeric	21	0	How frequently ...	{1, Never}...	None	21	Right	Scale	Input
19	SNSUQfrequ13	Numeric	21	0	How frequently...	{1, Never}...	None	21	Right	Scale	Input
20	Procrastination1	Numeric	1	0	I delay decision...	{1, Very Sel...	None	12	Right	Scale	Input
21	Procrastination2	Numeric	1	0	Even after I ma...	{1, Very Sel...	None	12	Right	Scale	Input
22	Procrastination3	Numeric	1	0	I waste a lot of ...	{1, Very Sel...	None	12	Right	Scale	Input

Evidence of the data not normally distributed.





Evidence of an analysis.



Nonparametric Correlations

Correlations

			SNS_Total	Procrastination_Total
Spearman's rho	SNS_Total	Correlation Coefficient	1.000	.184*
		Sig. (2-tailed)	.	.019
		N	162	162
	Procrastination_Total	Correlation Coefficient	.184*	1.000
		Sig. (2-tailed)	.019	.
		N	162	162

*. Correlation is significant at the 0.05 level (2-tailed).