

HOW TO OVERCOME LAZINESS AND PROCRASTINATION AMONG HIGH SCHOOL STUDENTS

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Abstract: *The article is devoted for the effective ways of eliminating laziness among high school students. The exact reasons of prevailing inactiveness are given in this article. Actuality of the theme is justified as it can help the students to create new habits in overcoming laziness. Different productive tips for fighting against the procrastination are also included in this paper as well.*

Key words: *Laziness, Procrastination, Distractions, Discipline, Timetable, Pomodorro technique, Plan, Suitable space, Healthy-eating, Exercise, Rest.*

INTRODUCTION

Laziness is now a multifaceted issue that most people suffer from. And the importance of matter is the harm that people are giving themselves, not others. Obviously, if this continues in this way, the people who have already stuck to laziness might find it difficult to come out. Day by day this syndrome starts affecting to study, work, household chores, hobbies and even to health that matter. This habit leads to major problems especially students. If daily tasks are not done on time, they pile up every day and it becomes even more difficult to accomplish all of them just in one day.

The word "Procrastination" was derived from Latin's "procrastinare" that means "untill next day". The procrastination is delaying and putting of the actions and works for the next day. Actually , it is considered as illness that everybody have nowadays. It is a normal habit that everyone does.

In that case, what kind of things could be the core reasons of procrastination?

Top 5 reasons for Procrastinating

Procrastination happens when the works and tasks are too complicated, dull or unpleasant. The multifaceted reasons are likely to be these in the following:

- Uninteresting tasks
- Lack of organization
- Feeling of failure
- Fear of success
- Perfectionism (rather avoid it than do it imperfectly)
- Poor decision making (Author: Natalija S.)

Beside that, the distractions which come by the social media play a crucial role in losing of focus while doing tasks. Because social media includes funny videos , entertainment and intriguing information which distract the students most. After that, most pupils might find the tasks boring and they start to feel boredom .They can not grab their attention towards the lessons and may not concentrate on what they are actually doing.

How to overcome Laziness as a student with the help of different strategies

1. Organizing study space
2. Eliminating all distractions
3. Creating a plan of actions
4. Pomodoro technique
5. Attaining a discipline
6. Rewarding oneself

Organizing study space. Find a quiet place which suits you most. It can be any space that reminds you to do homework. Most students create a learning atmosphere at home to motivate themselves. But some of whom prefer popular public places like café or library for not being lazy. In that case you will do your best even others are not studying. (Jan 23, 2021 Lauren Bradshaw)

Eliminating all distraction. Many more students try to study hard but found themselves getting distracted by people coming to talk to them or by every social media notification that shows up on their phone (Global Indian International School). Even worse, social media platforms like You Tube, Instagram, Tik Tok and Telegram messenger make people so addicted to them, since people surf the internet and start to watch interesting videos and a hundreds of reels which never end. As a result , they lose lots of time and can not accomplish all the tasks given on time.

3. Creating a plan of actions. Planning things how to do can make it easier to get the result. Having a plan will provide certain direction and confidence that can help you to accelerate the process of learning new things (April2,2019, Adrienne Santost-Longhurst)

4. Pomodoro technique sets a timer for 25 minutes to do tasks with focus and a 5-minute break then follows the process. Repeat the timer until you finish all the tasks. And you should take break and relax . Do whatever you want while the break such as eat, drink, listen to music or walk. It really helps to enhance the productivity of learning something.(Natalija S)

5. Attaining a discipline. Success is achieved by self-discipline and hard work. That is the only reason why students have to organize a daily study schedule. It's critical to study at the same fixed time period on a regular basis. This will aid in making studying a habit, and be emotionally and psychologically ready for each session of study. This also will help in enhancing students' productivity and help them avoid procrastination. Create a strict discipline and stick to it. Choose a particular time for studying . Arrange the correct sleeping and waking time. (Global Indian International School)

6. Rewarding oneself. After doing the tasks , you should reward yourself with a bar of chocolate or ice-cream to motivate yourself. Be kind to yourself. Overcoming laziness is so challenging. If you accomplish a bigger task, you can reward yourself by hanging out with friends or going to a concert, watching a favourite movie or just with sleeping. All these keep you motivated to reach your goal (Jan 23, 2021Lauren Bradshaw)

3 effective ways of eliminating laziness physically

1. Consuming high-protein foods

Some foods boost your energy levels and keep your blood sugar stable so you're less likely to feel sluggish and lazy. High-protein foods do this, such as:

- yogurt

- almonds
 - eggs
 - fish (Apr 2, 2019 Adrienne Santos-Longhurst)
2. Exercise (physical activity)

Along with numerous other benefits, exercise is the best way to get rid of laziness. Just a few minutes of exercise can increase energy levels, improve mood, and reduce anxiety, stress, and depression — all of which can make you feel drained and unmotivated. Try a short walk or bike ride to fight against that lazy feeling.

3. Sleep and rest

There are many things you can do to sleep better at night — from avoiding screen time. 7-9 hours sleep is enough to refresh the mind and recharge oneself. (Adrienne Santos-Longhurst, 2019)

To conclude, everyone in today's modern society carries a syndrome called procrastination which means postponing things. There are numerous reasons which create this usual illness. For instance, difficult and unpleasant tasks, a lack of motivation, a fear of failing and so on. However, every person can combat that feeling by using some useful techniques like getting rid of distractions, establishing daily plan, strict discipline and healthy-eating as well. So it demands following the rules and strong wish by students.

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