Procrastination, Health, and Well-Being

Description: Procrastination, Health, and Well-Being delves into the most recent research on procrastination, an area of study that has grown exponentially in recent years. The book focuses on the finding that procrastination is an issue of self-regulation failure—not simply a time management problem as is often presumed.

This failure is a risk factor not only for poor mental health, but also poor physical health and other aspects of well-being. The book brings together new and established researchers and theorists to make important connections between procrastination and health.

The first section introduces current conceptualization and measurement perspectives on procrastination, along with their philosophical view of how procrastination may compromise health and well-being.

Next, the book focuses on current theory and research, highlighting the issues and implications of procrastination for physical health and health behaviors, while the third part presents current perspectives on the interrelationships between procrastination and psychological well-being, ending with potential areas for future research in the field.

- Reviews interdisciplinary research on procrastination
- Conceptualizes procrastination as an issue of self-regulation, not time management
- Discusses the public and private health implications of procrastination
- Explores the guilt and game that often accompany procrastination
- Identifies the stress and chronic health conditions associated with procrastination

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