

Age, Procrastination, Depressive Symptomatology, And Loneliness: A Structural Equation Modelling Approach

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Introduction

- Little attention has been given to procrastination behaviours among older adults, despite procrastination having profound ramifications
- For instance, when older adults postpone medical appointments and checkups, the effects can be far more catastrophic compared to their younger counterparts.
- Loneliness and depressive symptoms are critical psychosocial factors that significantly impact well-being and motivation.
- This study uses Health and Retirement Study (HRS) data to investigate the link between age and procrastination, with depressive symptoms and loneliness as mediators.

Methods

Participants

- N = 1,309 older American adults, from 2 waves (2016 – 2020) of the HRS.

Measures

- Depressive symptoms evaluated using the CES-D Scale¹.
- Loneliness measured using the R-UCLA Loneliness Scale².
- Procrastination assessed using the Pure Procrastination Scale³.

“Even after I make a decision, I delay acting upon it”

Data Analysis

- Structural equation modelling was used to evaluate the causal model, which was initially built using a directed acyclic graph.

Results

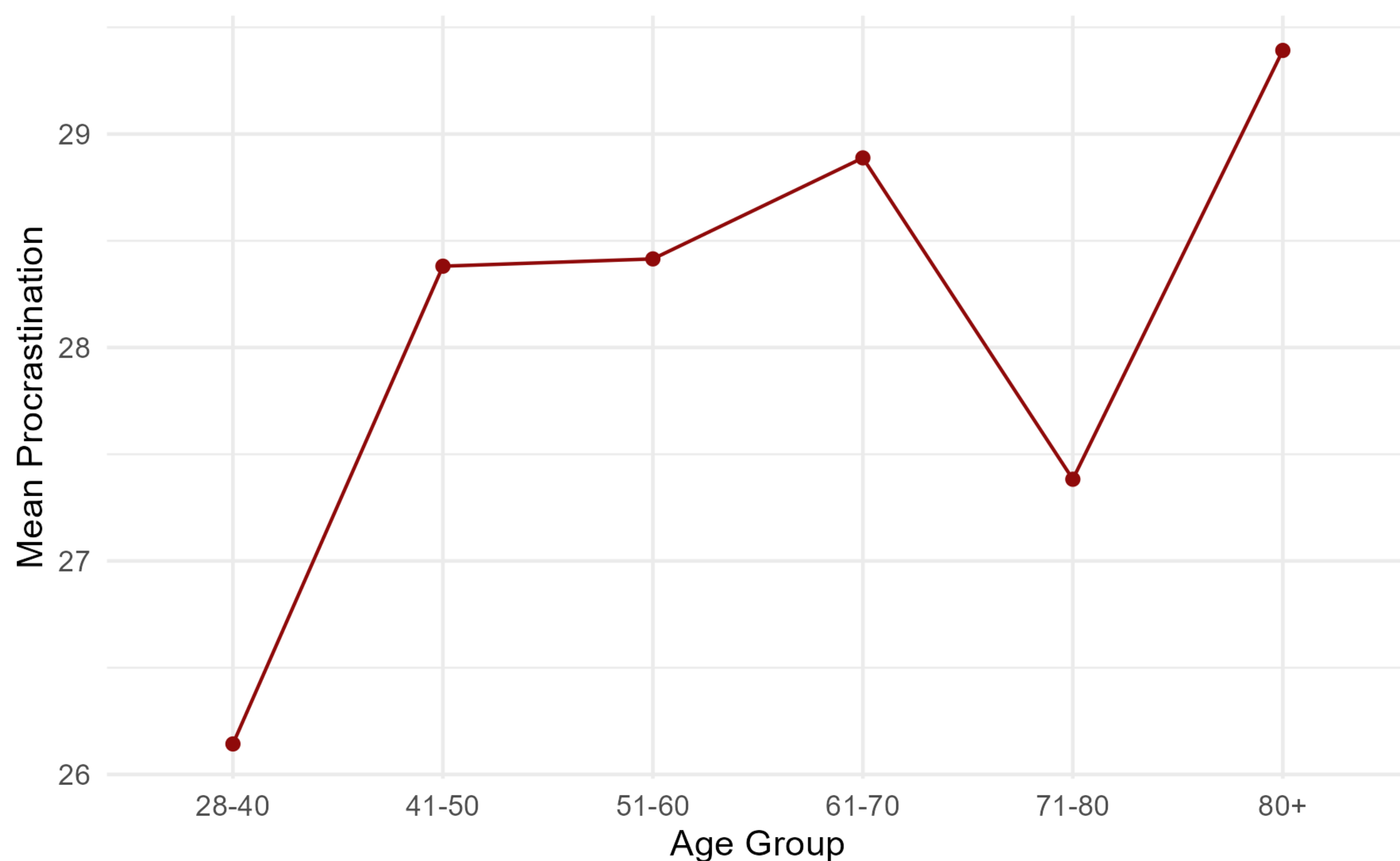


Figure 1: Mean Procrastination Scores Across Age

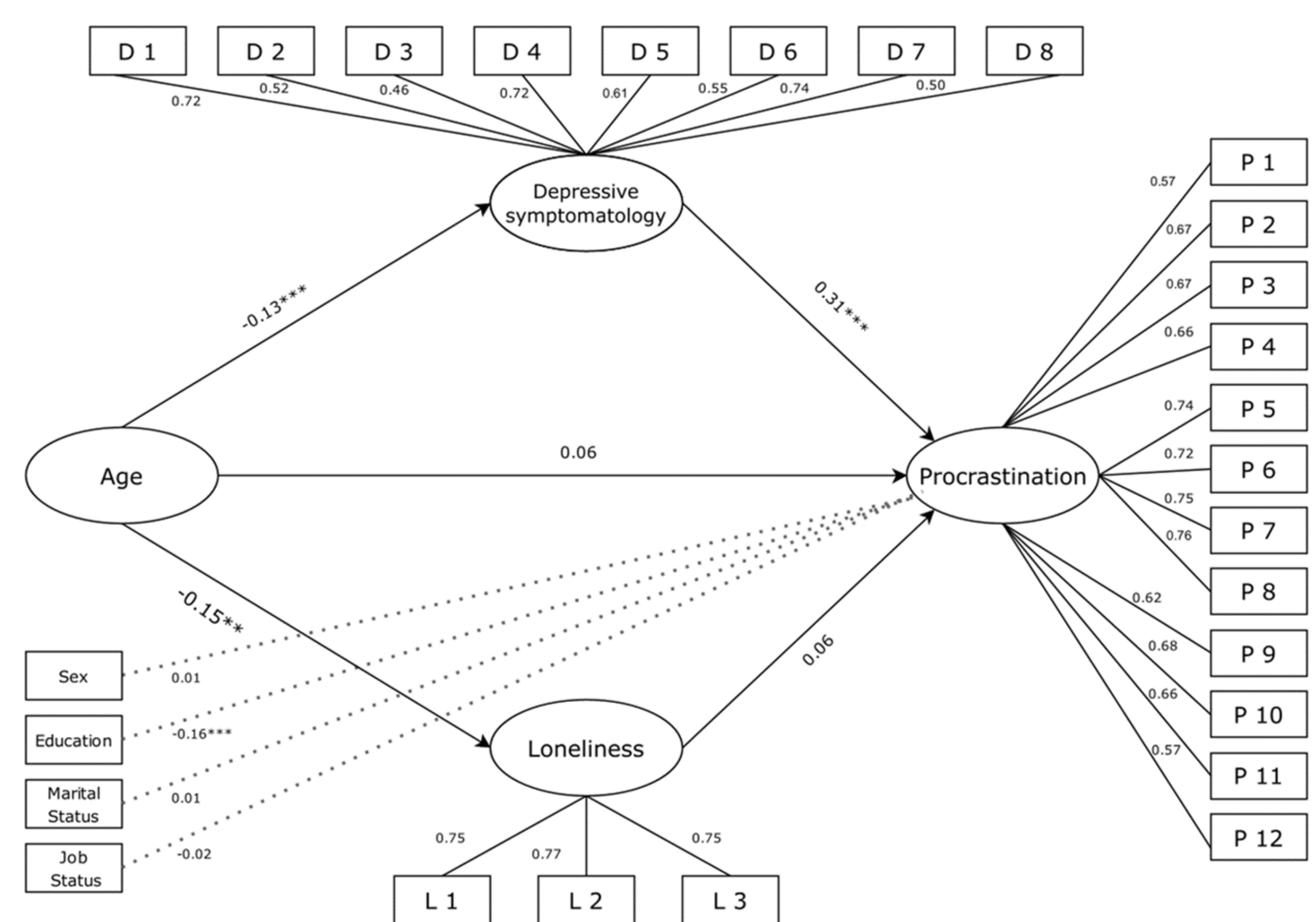


Figure 2: Structural Equation Model

Conclusion

- Age was associated with an increased likelihood of depressive symptomatology, which was in turn associated with an increased likelihood of procrastination.
- Older adults are more likely to experience depressive symptoms, which in turn impede both task initiation and completion⁴.
- By addressing underlying emotional factors and managing procrastination older adults can retain a higher level of control over their lives and experience better quality of life.

References

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Acknowledgements

This work has emanated from research conducted with the financial support of Science Foundation Ireland (SFI) under Grant Number SFI 18/CRT/6049.



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