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Procrastination and Rational/Irrational Beliefs: A Moderated Mediation Model

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Abstract

The present study focuses on the integrated effect of self-doubt, rational and irrational beliefs, and fear of failure on procrastination in a sample of Turkish undergraduate students ($N=293$). The results confirm prior evidence indicating that self-doubt, fear of failure, and rational/irrational beliefs were important predictors of procrastination. The results show that (a) both self-doubt and irrational beliefs have direct and interactive effects on fear of failure, (b) fear of failure mediates the relationship between self-doubt and procrastination, (c) rational beliefs moderated the predictive effect of fear of failure on procrastination, and (d) the indirect effect of self-doubt on procrastination via fear of failure may vary depending on the level of rational and irrational beliefs. These findings suggest that future intervention attempts should focus on modifying irrational beliefs and enhancing rational beliefs to cope with procrastination.

Keywords: Self-doubt, Fear of failure, Irrational and rational beliefs

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