

# Improvement of Academic Procrastination among High School Students through Psychological Resilience Group Counseling

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**Abstract:** High school students' academic pressure is heavy, and they are in the second accelerated period of physical development. Many behaviors in daily life need to consume self-control resources, so that their words and deeds can contribute to their long-term interests and meet the expectations of important others. For students, academic procrastination has become an extremely common existence in learning. At present, due to the large number of middle school students who procrastinate and the relatively insufficient number of psychological counseling teachers, individual counseling is far from meeting the needs of many middle school students, and group psychological counseling can just make up for this problem. Group career counseling can improve senior high school students' awareness of career planning, so that they can have a clearer understanding of themselves and the environment and make initial career decisions. This paper will analyze the current situation and causes of learning procrastination of senior high school students, and design and implement a group psychological counseling program in combination with the relevant theories of learning procrastination, so as to lay a foundation for further understanding the causes of learning procrastination of senior high school students in the future.

**Keywords:** Psychological Resilience; Group Counseling; High School Students; Academic Procrastination.

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## 1. Introduction

Academic procrastination means that students fail to complete their learning tasks within the specified time, regardless of the possible consequences, delaying or deliberately not completing their learning tasks, accompanied by negative emotional experience [1]. Psychological resilience specifically refers to the maximum range of individual psychological tolerance, but also represents the individual's ability to adapt to the environment [2]. High school students' academic pressure is heavy, and they are in the second accelerated period of physical development. Many behaviors in daily life need to consume self-control resources, so that their words and deeds can contribute to their long-term interests and meet the expectations of important others [3]. As an important talent reserve group in China, contemporary high school students live in an increasingly superior environment and experience fewer twists and turns and setbacks, which means that the psychological resilience of high school students is weakening [4]. For students, academic procrastination has become an extremely common existence in learning, which not only affects the completion of students' daily learning tasks, but also will eventually form a bad habit that is difficult to change if this situation is not improved [5].

Procrastination is a trait or behavioral tendency of individuals to avoid performing tasks and delay decision-making by delaying. It is a kind of behavior of self-obstruction and functional tolerance, and it will arouse negative emotions of individuals to varying degrees. Group counseling is an effective way of psychological counseling, which has a very wide range of applications [6]. At present, due to the large number of middle school students who procrastinate and the relatively insufficient number of psychological counseling teachers, individual counseling is far from meeting the needs of many middle school students, and group psychological counseling can just make up for this

problem [7]. The influence of group counseling is increasing in China, and more people are engaged in this work, which shows the importance and effectiveness of group counseling. High school is the key stage of students' physical and mental growth, and psychological construction at this time will largely determine the future growth of students [8]. Therefore, schools should attach importance to group psychological counseling and its important role in the psychological quality education of senior high school students.

In order to strengthen the construction of high-quality talents, teachers must attach importance to the psychological counseling of senior high school students and adopt the way of group psychological counseling to promote the psychological resilience of senior high school students to be significantly enhanced. On the one hand, group counseling can make use of group motivation, enhance group strength, strengthen communication among group members, and enhance role models among groups [9]. On the other hand, group counseling can make up for the shortage of full-time teachers of mental health in senior high schools and effectively implement students' mental health education. This paper will analyze the current situation and causes of learning procrastination of senior high school students, and design and implement a group psychological counseling program in combination with the relevant theories of learning procrastination, so as to lay a foundation for further understanding the causes of learning procrastination of senior high school students in the future.

## 2. The Concepts of Learning Procrastination and Group Counseling

### 2.1. Learning Procrastination

Academic procrastination, as a subordinate concept of procrastination, discusses the gap between students'

assessment of the importance and urgency of academic tasks and their actual execution, and considers students' emotional experience in the process. Academic procrastination is common among senior high school students, but sometimes procrastination will become a stable personality trait, which has consistency across time and situations, which can lead to procrastination not only in school, but also in all aspects of life [10]. Academic procrastination refers to students' procrastination in academic situations, while life order procrastination refers to individuals' procrastination in daily affairs. Decision procrastination focuses on individuals' decisiveness in making decisions, while compulsive procrastination is an abnormal compulsive behavior. From the perspective of motivation, procrastination can be divided into arousal procrastination and avoidance procrastination. The procrastination motivation of avoidant procrastinators is to avoid the negative assessment of others' achievements after the task is completed or to find external reasons for possible failures. For avoidant procrastinators, they are more willing to let others think that their failure is not due to lack of ability but to insufficient efforts.

Among the high school students, some students have special family structures, including divorced, single parents and left-behind families. Because of the lack of care from one or both parents, such students show obvious inferiority complex psychologically. According to the nature of procrastination, it can be divided into situational procrastination and trait procrastination. Situational procrastination, also known as state procrastination, belongs to the interaction between individuals and special environment. Avoidant procrastination is a strategy adopted by procrastinators to predict that the failure of tasks may pose a threat to themselves in order to protect their inner sense of value from harm. Decision-making procrastination is because individuals are hesitant and can't make a decision because they are worried about their own misjudgment when facing the choice. High school students are under pressure from parents, teachers and the future college entrance examination, so they are poor in psychological quality. Especially in the review stage of college entrance examination, students' psychological state is very fragile, and they are prone to emotional collapse due to too much pressure, which seriously affects the physical and mental health of senior high school students. According to the individual's attitude towards procrastination, it can be divided into active procrastination and passive procrastination. According to the scope of procrastination, it can also be divided into social procrastination and individual procrastination. Social procrastination and individual procrastination often overlap each other, and there is no clear boundary. From the failure link of procrastination, it can be divided into two types: plan failure procrastination and implementation failure procrastination.

## 2.2. Psychological Resilience Group Tutoring

Social learning theory holds that people will observe and imitate others in the stage of learning new behaviors. Group psychological counseling in the stage of designing group psychological counseling program, a new situation will be designed to promote communication and learning among members [11]. As far as individuals are concerned, will and needs have an important dynamic role, and the field has complex non-physical forces and complicated changes between them. The dynamic structure produced by this

change makes the field a dynamic field, and with the ever-changing dynamic field, people's psychology and behavior also change. Group counseling is a systematic and preventive information transmission to the recipients in group situations, which has the effect of helping and counseling. Interpersonal communication is the basic way for individuals to adapt to the environment, social roles, social life and form a sound personality. And the group just provides a simulated social environment for individuals, so that individuals can learn to observe and enhance mutual understanding through interaction with members. The stage of psychological crisis intervention for students is shown in Figure 1.

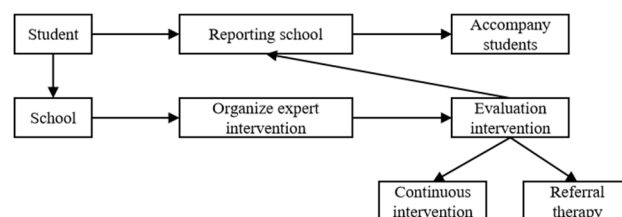


Figure 1. The stage of psychological crisis intervention for students

The group in group psychological counseling is an organization for social interaction among members, and all members must follow common norms and have goals. In this process, if leaders can give correct guidance, try their best to resolve the conflicts of groups and promote the improvement of group cohesion, then the motivation of groups can be formed, which will help groups achieve effective goals. The growth of group psychological counseling activities should have certain theoretical basis, and the theories of humanism, group dynamics and positive psychology provide theoretical support for group counseling. Group psychological counseling can effectively adjust individual cognitive structure, improve rational knowledge and correct judgment ability, reduce the negative interference from irrational factors, change their own ideas about their surroundings and themselves, and learn to accept others and themselves.

## 3. Improvement of Group Counseling on Academic Procrastination of Senior High School Students

When organizing group psychological counseling activities, tutors must rationally design counseling programs according to students' psychological state and specific psychological counseling needs. Through the discussion of academic procrastination, members can gradually and objectively understand the advantages and disadvantages of their procrastination and the impact on their lives. When using group psychological counseling to train senior high school students' psychological resilience, the tutors must make good preparations. A comprehensive and profound understanding of academic procrastination can increase members' reflection and judgment on their own procrastination behavior, guide subjects to face failure correctly and its possible influence, and promote them to change. Among the senior high school students, some students are poor in psychological resilience because they are withdrawn, not good at communicating with others in their study and life, and even have obvious inferiority complex. In order to improve this kind of students' bad psychological state, tutors should reasonably set up sharing links in the stage of organizing group psychological

counseling activities, and guide students to communicate and discuss around specific psychological counseling topics according to their own views and opinions. Figure 2 is a group psychological counseling activity combined with game content.



**Figure 2.** Group psychological counseling activities

The reason why academic procrastinators purposefully put off the task is actually that they are afraid that the task will not be successfully completed after it starts, which will lead to failure, thus reducing their self-worth. Help academic procrastinators to improve their self-acceptance, so that they can face up to their own shortcomings, get rid of the armor of self-defense, face up to problems and challenges, reduce evasive behavior, reduce anxiety and other negative emotional experiences, and then achieve the effect of reducing procrastination. The objects involved in group psychological counseling activities are complex, so individuals with certain leadership skills are needed to assist teachers in standardizing the order of activities. After the activity, the leading group needs to cooperate with teachers to complete the activity assessment and counseling feedback, so as to ensure the smooth implementation of group psychological counseling activities and enhance the overall psychological resilience of senior high school students.

#### 4. Conclusion

In the study of middle school students, academic procrastination has become a problem that cannot be ignored, affecting students' study. Psychological resilience is the key factor to determine the individual's mental health. In order to improve the mental health level of senior high school students in an all-round way, teachers must focus on strengthening the construction of students' psychological resilience. A comprehensive and profound understanding of academic procrastination can increase members' reflection and judgment on their own procrastination behavior, guide subjects to face failure correctly and its possible influence, and promote them to change. Group psychological counseling can effectively adjust individual cognitive structure, improve rational knowledge and correct judgment ability, reduce the

negative interference from irrational factors, change their own ideas about their surroundings and themselves, and learn to accept others and themselves. When using group psychological counseling to train senior high school students' psychological resilience, the tutors must make good preparations. Teachers should actively organize group psychological counseling activities to improve students' psychological status, help students to relieve negative emotions and pressures, and improve students' psychological character.

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