

Abstract

Present study was conducted to explore effectiveness of REBT on procrastination and relationship between irrational beliefs, perfectionism and procrastination among university students. For this purpose, two separate studies were conducted. In study-I a cross-sectional correlational research design was used. Through random sampling technique, a sample of 480 undergraduate students (208 males, 272 females: M age 20.4, SD 1.73) were drawn from two public and two private universities of Lahore. Students responded to questionnaires including (a) Urdu translation of Procrastination Scale for Students (b) Multidimensional Perfectionism Scale (c) Irrational Beliefs Inventory and demographic information sheet. Pearson product moment correlation indicated a positive relationship between procrastination and problem avoidance subscale of irrational beliefs and negative relationship with demand for approval. Perfectionism was found to have positive relationship with irrational beliefs and its subscales including worrying, rigidity and demand for approval and a negative relationship with emotional irresponsibility whereas no relationship was found with problem avoidance subscale. Procrastination and perfectionism were found to have no relationship. Regression analysis revealed that problem avoidance and demand for approval significantly predicted procrastination. Rigidity was found to be significant predictor of perfectionism. The results of independent sample t-test revealed that females and students from joint family system scored higher on irrational beliefs as compared to males and students from nuclear family system. In study-II a quasi-experimental research design was used. Sample consisted of 10 randomly selected participants who scored high on procrastination measure in Study-I. Participants were then randomly divided into two groups i.e. control and experimental group. Therapeutic intervention for experimental group comprised of 8 sessions over a period of 4-6 weeks. The main techniques used were; identifying irrational beliefs, establishing ABC, disputing, rational coping statements, modeling, rational emotive imagery, reverse role playing, teaching unconditional self and others acceptance, staying in difficult situations and bibliotherapy. Paired sample t-test indicated the therapeutic intervention significantly reduced procrastination in experimental group.

Key words: *procrastination, perfectionism and irrational belief*