Does Modern Information Technology Exacerbate Teen Procrastination?

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The purpose of this project was to investigate the significance of the relationship between the use of modern information technologies and the exacerbation of procrastination among teenagers. In addition, the effectiveness of smartphone usage apps designed to counteract this speculated tendency was evaluated. The student researchers hypothesized that modern information technologies significantly potentiate procrastination among teenagers and that the apps would alleviate this tendency. The first part of the project involved the design and distribution of a survey to 132 teenagers. The second part involved the recruitment of 20 participants in a 3-day behavioral trial. The participants used apps to track daily usage times and then set goals to reduce phone usage. The data for the first two parts of the project were analyzed using T-Test, Chi-Square, correlation, and ANOVA statistical functions. The final part involved the creation of an anti-procrastination social network called teensagainstprocrastination.org. The website was made to help teens unite with others who have the same problems and to collect more data. In conclusion, the results demonstrated that the level of procrastination in teenagers significantly increased with the use of technology for social and entertainment purposes. It was also identified that the amount of sleep among teens has an inverse relationship with the amount of social technology usage. Among all electronic devices, smartphones were the most significant distraction factor, but it was observed that usage tracking apps significantly reduced the amount of phone usage in heavy users. The website received positive feedback from its members, who said that it helped them become more aware of their procrastination and learn to prevent it.

Awards Won:
Fourth Award of $500
China Association for Science and Technology (CAST): Award of $1,200
American Psychological Association: Certificate of Honorable Mention