

# Binge Watching, Procrastination and Life Satisfaction among Young Adults

Nourin Siraj<sup>1</sup>, Nimy PG<sup>2</sup>

<sup>1</sup>nourinsiraj27[at]gmail.com

**Abstract:** *The prevalence of binge watching is starting to become a major source of addiction among young adults. The objective of the present research was to study binge watching, procrastination and life satisfaction among young adults across various parts of India. The gender differences in the variables binge watching, procrastination and life satisfaction was also analysed. The study was conducted on a sample size of 303 of which 158 were females and 145 are males using the convenient sampling method. Sample consisted of young adults of ages 18 to 25. They were provided with Problematic Series Watching Scale (PSWS), Irrational Procrastination Scale (IPS) and Life Satisfaction Scale (LSS) questionnaires to fill in. Independent sample t-test and Pearson's Correlation Test were used for statistical analysis. Results revealed that There is no significant gender difference in the dimension of binge watching, procrastination and life satisfaction. It was also found that there is statistically significant correlation between binge watching and procrastination also among procrastination and life satisfaction. Though there showed no significant correlation between binge watching and life satisfaction.*

**Keywords:** Binge Watching, Procrastination, Life satisfaction

## 1. Introduction

From the beginning of 2000's problematic internet use has been a topic of wide discussion. Some claims it be needed to be included as psychiatric complaint in its own right. Lately numerous screen-related online conditioning were associated as problematic online actions similar as online gambling, Facebook use, online pornography use and online gaming. According to the research of Pontes, Griffiths and Szabó, (2015), When subjects had to specify their most preferred online activities, watching recordings and films was pointed out by one third of the repliers besides social networking, news, chatting, mailing, gaming or gambling though majority was observed mentioned watching online content as their preferred non work online activity. It might be an applicable issue for numerous people because accessing series by streaming or downloading is: Free or of really low cost, Accessible to almost all with internet connection, It is not exclusive to a locality or time, A wide range of options are available to choose from based on one's interests, Independent of age and socioeconomic class, Most shows are designed to be broadly amusing with cliff hangers to keep viewers on hook. In spite of the rising rate binge watching has received very little academic recognition.

**Some of the factors that can reinforce binge watching are**

**1) Loneliness** - Students face various difficulty as they acclimatize to college life and a new world, including behavioral problems and insulation, for which they turn to TV to meet their social contact requirements. Students develop a sense of identity by substituting television for real life fellowship and using the medium to identify with others. This is backed by the conformation of imaginary friendship with actors, known as Para social connection, in which audiences witness a special bond with them (Eyal and Cohen, 2006; Greenwood, 2008, Green wood and Long, 2009).

**2) Stress** - findings revealed that audience felt comfortable when watching television, but that feeling vanishes if they stop watching. Its reasonable to say that that binge viewing

is a stress reduction strategy for students, given that they're constantly exposed to a variety of stressors. when life is unpleasant and overwhelming, students as a means to relax from stressors such as examination, social pressure, job, engage in binge watching.

**3) Habit and Addiction** it has become a routine to many. Still more students binge watch, the more likely they're to waste further time doing so in the future leading to reliance (Panda & pandey, 2017). This adds weight to the claim that watching TV for extended ages of time is a form of dependency, in reality, 60 percent of binge watchers say they're hooked to the show they're watching which is grounded on viewer's association with stress relief, which are strengthened in a variety of ways. On the other hand, relaxing during watching is favourably validated, while pressure and reflection after the task is completed are negatively validated.

Impact of heavy television use and binge watching can have adverse effects on an individual's physical as well as psychological health. The impact of excessive tv viewing on one's physical wellbeing have been thoroughly studied. High exposure to television, as a sedentary practice, is linked to physical inactivity in adults, especially among female college students, whose physical activity is negatively correlated with television viewing (Buckworth & Nigg, 2004; Meyer et al., 2008). Long-term tv use has also been linked to an increased risk of cardiovascular disease and type 2 diabetes in studies (Grntved & Hu, 2011). Adults who watch tv are also more likely to eat high-calorie snacks, fast food, soft beverages, beer, and less balanced foods like fruits and vegetables (Bowman, 2006; Sisson, Shay, Broyles, & Leyva, 2012; Van den Bulck, 2000). Excessive screen time also has negative effects on memory, emotion, and mental health. Furthermore, a longitudinal survey of adults found that impaired cognitive performance in midlife is linked to high levels of television viewing in early adulthood (Hoang et al., 2016). Binge watchers have expressed feelings of emptiness after the conclusion of a broadcast or a season of a programme (Devasagayam, 2014)

Volume 12 Issue 6, June 2023

[www.ijsr.net](http://www.ijsr.net)

[Licensed Under Creative Commons Attribution CC BY](https://creativecommons.org/licenses/by/4.0/)

The variable two, procrastination is a common result of binge watching behaviour. For people who are procrastinators by heart the challenge to overcome the trap of streaming services seems to be even more tougher, based on the study conducted by EunYeon Kang, Yoon Hi Sung and Wei-Na Lee from the University of Texas at Austin. A study, conducted on some 18-29 year olds had found that those with low self-control were likely to continue watching more and more episodes even though they had a lot of other work to be done. Godel said based on his studies that if done in moderation its harmless. Task avoidance is a behaviour that influences the life of in numerous people on a daily basis on varying degrees. Even after continuous effort the ability to avoid the undesirable effects of procrastination often escapes the most competent of individuals. "catching up" and rushing is often the result of last minute procrastination. Provided the amount of tasks and deadlines linked with associated with academic life, students are highly vulnerable to the tendency to procrastinate and outcomes. It's often perceived by students that last minute pressure enables them to give their best work. Research from the United States, Canada, and Singapore (Lay et al., 1998; Scher and Osterman, 2002; Klassen et al., 2009) shows that self-control and conscientiousness are important predictors of procrastination in school-aged children and adolescents. Together, these results support the idea that procrastination may be consistently described as an age- and group-specific phenomena of self-control failure. (Steel, 2007)

"life satisfaction represents an overarching criterion or ultimate outcome of human experience" said Andrews. For Sumner it is the positive validation of the conditions of our life, a judgement that it measures up favourably against our standard or expectations. life satisfaction can help us in evaluating social complication hence, helping us in the genesis of policies to overcome such difficulties and the study of it can monitor social progress. It can be static or advancing throughout life. The degree to which a person evaluates the overall quality of his/her life as a whole positively is known as Life satisfaction. Together with measures of physical and mental health, it indicates how well people thrive. The basic use of this data is to approximate the quality of life within a social group or country. It is done typically to assess the extent of issue also to recommend possible policy interventions. High satisfaction suggests that the quality of life, in the population concerned is good. Low satisfaction indicates shortcomings of some sort. Among most modern nations, compared to married persons, single persons exhibit less life satisfaction. In fact, the among rate is greater than that between rich and poor. Apparently, singles lack something that is essential in life. An issue is that dissatisfaction with life indicates something is wrong in life but it doesn't show wrong.

## 2. Literature Survey

Ozkan. C & Evren.E (2020) studied the "Associations of academic procrastination, school attachment and Life Satisfaction." Sample of study consisted of 324 adolescents which included 151 males and 173 females. association of significance were found, among academic procrastination, school attachment and Life Satisfaction. school attachment

contributed to a decrease in academic procrastination and an increase in Life Satisfaction.

Schutte. N and Bolger.A (2020) conducted a study in order to explore how mindfulness was associated with Procrastination. Pearson r correlations were used to test the hypotheses. As a result, the trait of mindfulness was found to be associated with the greater ability to encourage attention and a lesser tendency for procrastinating. a better attention ability was also found related with lesser procrastination behaviour.

Diya.A&Usman.O (2020) studied "The effect of peer conformity, self-efficacy, academic procrastination and parenting style on student cheating behaviour" with a sample of 200 students form DKI Jakarta. t- Statistics was used to interpret the data. It was found that self-efficacy and Peer Conformity along with Parenting Style affected the students' cheating behaviour. Also, academic Procrastination was found to have a big impact on cheating behaviour of students.

Munjal.S and Mishra.R (2019) explored "the impact of personality orientation and levels of stress on procrastination". Sample taken was, middle-level managers. results exhibited that the procrastinating behavior was affected by both - occupational stress as well as LOC (Locus of Control).

Exelmans.L and Bulck.JV (2019) explored the predictors of procrastination in Television viewing and the association of procrastinator television viewing with the quality of sleep by focusing upon the relationship of procrastinator media use with lower well-being. It was found that the quality, efficiency and latency of sleep and dysfunction during daytime were related to procrastinators television viewing. It was also revealed that more procrastinator television viewing was reported by those who had a strong habit of television viewing and had a higher TV involvement. Stress acted as a mediator in this association

Ghanadi.S, Fakhri.MK &Doosti.Y (2017) surveyed on the students at high school level. They examined on structural model of academic procrastination with effect of the student's personality by motivation in school by teachers. They collected data through cross-sectional descriptive analytical study nearly 400 students including 171 boy students and 231 girl students. The results were that personal attachment with the students make them less fearful regarding their studies and when motivated with love, it decreases the level of academic procrastination among them.

Johal.DS and Sharma.M (2016) considered the relationship between life satisfaction and suicide ideation among adolescents. The sample contained of 489 adolescents from the schools of Amritsar city affiliated with CBSE. Multidimensional Students' Life Satisfaction Scale (Huebner, 2001) and Beck Scale for Suicide Ideation (1988) were used to collect the data. The results of the study revealed that boys have scored higher than girls on different components of life satisfaction such as family, friends and living environment. The study also explored a negative relationship between life satisfaction and suicide ideation in

both the genders Iqbal.F and Fathima.SJ (2013) explored the relationship among optimism, life satisfaction and maladjustment. The sample of 24 students within the age range of 18 to 25 from the University of Karachi was selected. Rotter's Incomplete Sentence Blank (1950), Satisfaction with Life Scale (1985), Life Orientation Test (1985) by Scheier and Charles S. Carver were employed to collect the data. It was found that there was positive correlation between life satisfaction and optimism.

Unuvar.S, Selahattin.A and Uslu.M. (2012) inspected the optimism and life satisfaction of the undergraduate tourism and hotel management students. Life Satisfaction scale (Diener, Emmons, Larsen and Griffin (1985) translated into Turkish by Koker (1991) and Optimism Scale (Balci and Yilmaz, 2002) were used. The sample consisted of 479 students of Selcuk University in Turkey. Results revealed that the students scored moderately on satisfaction and highly on optimism. Female students were more optimistic and satisfied than male students. Results also revealed that there was a positive correlation between students' optimism and life satisfaction

Kapikiran.NA (2012) studied the mediator and moderator role of negative and positive affectivity variables on the relationship between optimism and life satisfaction in university students. 397 university students, of the age group 18 to 27 attending different departments of the Faculty of Education, at Pamukkale University in Turkey participated in the study. The results indicated that relationship between optimism and life satisfaction was partially mediated by both positive and negative affectivities

Rashid.S, Arif.MI and Hussain.M(2012) studied the relationship between optimism and life satisfaction among college students. The sample comprised 100 students studying in four different institutes of Lahore. The revised Life Orientation Test (Scheier, Carver and Bridges, 1994) and Satisfaction with Life Scale developed by Diener et al. (1985) were used in the study. Results revealed that there was a significant relationship between optimism and life satisfaction among college students.

Roy.RD, Mathias.PM (2022) studied binge watching and its impact on the academic performance of college students. The participants of the study were college students belonging to the North – East states of India of the age 18-30. The analysis showed that Binge-watching did not have a significant impact on the academic performance of students. Neither did Northeast students of India use binge-watching as a means of a relaxing break nor escape motivation

Alfonsi, V., Varallo, G., Scarpelli, S., Gorgoni, M., Filosa, M., De Gennaro, L., Musetti, A., & Franceschini, C. (2022) studied the association between problematic binge watching and loneliness, emotion regulation and sleep related factors in poor sleepers. Their findings indicated that emotional dysregulation, feelings of loneliness, and daytime sleepiness play a key role in determining problematic binge-watching in poor sleepers,

Merrill.K and Rubenking.B (2019) conducted a study on the influence on binge watching frequency and duration among college students. The study was aimed to explore theoretically and empirically grounded predictors of both, the frequency and duration of binge watching sessions through a survey administered to 651 college undergraduates. The results suggest that future research should continue to conceptualize binge watching as both a measure of frequency and duration, as no variable in this study was a predictor of both

Starosta.J, izydorczyk. B and Lizinczyk.S (2019) conducted a study on the characteristics of people's binge watching behavior within the early adulthood period of life. The aim of the study was to characterize the frequency and motivation to perform binge-watching in a very group of young adults. The study involved 854 female and 150 male participants aged 19-26 years. The study shows that participants have various motivations to binge-watch series. The individuals who binge-watch with the best frequency had a bent to possess escape motivation and motivation to accommodate loneliness.

Granow.VC, Reinecke.L and Ziegele.M (2018) conducted a study on Binge-Watching and Psychological Well-Being. An internet survey is finished (N = 499), the current study examines the stress between binge watching and their effects on user's wellbeing. Study conclude that Binge-watching is perceived as recreational as long as goal conflicts and feelings of guilt is avoided. Well-being, on the opposite hand, is positively littered with binge-watching-induced increases in perceived autonomy.

Brcken.CC and Rubenking.B (2018) conduct a study on Binge watching: A Suspenseful, Emotional, Habit. The Survey results (N = 797) of a college student and representative adult sample reveal that binge-watching is motivated in large part by the behavior already being an entrenched habit among viewers, while suspense and anticipation related to content and motivation to use viewing to control one's emotions are also significant antecedents

Kruger.JS, Frantz.K and Vaterlaus.JM, Spruance.LA, (2018) investigates on college student television binge watching: conceptualization, gratifications, and perceived consequences. Random sample of college students age between 18 and 25 is taken for the study (N=406). The study concludes that binge watching have adverse physical and psychological state consequences. Few people indicated that binge watching was a group action and result in making new friends, but some others cautioned that binge watching can be socially isolating.

### 3. Method

The aim of the study is to assess the binge watching, procrastination and life satisfaction among young adults

#### Hypotheses:

- There will be no significant gender difference in binge watching
- There will be no significant gender difference in procrastination

- There will be no significant gender difference in life satisfaction
- There will be no significant correlation between binge watching and procrastination
- There will be no significant correlation between binge-watching and life satisfaction
- There will be no significant correlation between procrastination and life satisfaction

#### 4. Tools

##### Life Satisfaction Scale:

Scale was developed by Ed Diener, Robert J Larson and Sharon Griffin. Each items are scored from 1 to 7 terms of “strongly disagree” to “strongly agree”. Item scores are summed for a total score, which ranges from 5 to 35, with higher scores reflecting more satisfaction with life. The 5 items on the SWLS were selected from a pool of 48 based on factor analysis. The instruments internal consistency is very good with an alpha of .87. The instrument appears to have excellent test – retest reliability, with a correlation of .82 for two – month period, suggesting it is very stable. The SWLS has been tested for concurrent validity using two sample of college students. Scores correlated with nine measures of subjective wellbeing for both sample. The scale was not correlated with a measure of affect intensity. The SWLS has also been shown to correlate with self-esteem, a check list of clinical symptoms, neuroticism, and emotionality. Scores on the SWLS also correlated with independent ratings of life satisfaction among the elderly.

##### Irrational Procrastination Scale (IPS):

Scale is a 9 item 5-point scale that focuses on implemental attributes of procrastination with an emphasis on the irrational delays. The item separation reliability and person separation reliability values are 0.95 and 0.87, respectively. These values indicate a high degree of scale reliability and a high level of estimation precision for the majority of people. These reliability estimators are comparable to Cronbach's alpha in CTT (Bond and Fox, 2007; Andrich, 2011) The present study's IPS's psychometric features were investigated using Rasch analysis. It was discovered that the IPS had strong reliability, content validity, structural validity, substantive validity, and no DIF effects for gender using the RSM (Andrich, 1978). We therefore conclude that the IPS appears to be a compact scale with unidimensionality and that the item fairness of the scale regarding gender allows for meaningful comparisons between population means in two gender groups.

##### Problematic Series Watching Scale (PSWS):

Scale is a 6 item, five- point scale based on binge watching scale and the features of binge watching, developed by Griffiths (2005). The options on this scale range from 1 to 5. Higher scores indicate a higher risk of binge watching addiction. The total score on the scale can vary between 6 and 30. It is a revised version of Bergen work addiction scale. It is a 6 item, mono-dimensional, self -administered questionnaire. PSWS examines binge watching and yields a total score that indicates the severity of binge watching. The scores are as follows – 1: “never”, 2: “rarely”, 3: “sometimes”, 4: “often”, 5: “always the reliability based on the study by Orosz, Bothe and Kiraly, internal consistency

was measured by Cronbach's alpha taking Nunnally's (1978) suggestions into consideration regarding the acceptability of the value (.70 is acceptable, .80 is good). Inter-item correlations were also observed with values between .15 and .50 considered acceptable (Clark & Watson, 1995).

#### 5. Procedure

The sample contained a total of 303 young adults who falls under the age group of 18-25, of which 158 are females and 145 are males Simple random sampling was the sampling technique used in the study. Simple random sampling is a type of probability sampling in which the researcher randomly selects a subset of participants from a population Consent of the participants was taken prior to conducting the survey. The survey was conducted through the online platform, Google forms. Participants were provided with the questionnaires Problematic Series Watching Scale (PSWS), Irrational Procrastination scale (IPS) and Life satisfaction scale. The participants were instructed read through the items thoroughly and to answer with utmost sincerity. They were assured that their responses will be kept confidential. Approx. time taken by each to complete the survey was 5 minutes. The collected data was further converted into an excel format to conduct the statistical analysis of the same

#### 6. Result/ Discussion

Through the present study, the investigator has attempted to examine, if there is a significant relationship between binge watching, procrastination and life satisfaction among a sample of 303 young adults across India. The gender difference in the relationship among the three variables was also examined. The data obtained from the participants were scored approximately and was analysed using t-test and Pearson's correlation test, and the obtained results are discussed in the following sections.

**Table 1:** The table shows the t-value, mean value, standard deviation and significance obtained for males and females in the dimensions of Binge Watching

Variable	Gender	Mean	Standard deviation	N	t-value	Sig
Binge watching	Female	15.8291	5.62093	158	0.805	0.422
	Male	15.2966	5.89506	145		

Table 1 states that the mean value of female and male participants is 15.8291 and 15.2966, standard deviation is 5.62093 and 5.89506 and N value is 158 and 145 respectively while the t-value and significance value is 0.805 and 0.422. It can be inferred that there is no significant gender difference in the prevalence of binge watching among the male and female sample taken, as the mean value is more or less similar. Thus, the hypotheses 1 ‘There will be no significant gender difference in binge watching’ is accepted. This finding slightly differs from the study of Merrill and Rubenking (2019), who found that binge watching duration is correlated with being female i.e. females tend to have a higher rate of binge watching than males. Therefore, not supporting the results of the present study. These differences in findings could possibly be due to the difference in target groups as the previously discussed

study included Dutch participants while the present study includes Indian participants.

**Table 2:** The table shows the t-value, mean value, standard deviation and significance obtained for males and females in the dimensions of Procrastination

Variable	Gender	mean	Standard deviation	N	t-value	Sig
Procrastination	Female	26.7152	5.86916	158	1.211	0.227
	Male	27.4828	5.08825	145		

Table 2 states that the mean value of female and male participants is 26.7152 and 27.4828, standard deviation is 5.86916 and 5.08825, N

It can be inferred that there is a slight gender difference in the prevalence of Procrastination among the male and female sample taken, as the male samples seem to have a slightly higher rate of procrastination than females based on the difference in mean values though it isn't scientifically significant. Thus, hypotheses 2 'There will be no significant gender difference in procrastination' is accepted. The result is similar to the findings of Khan, et al. (2014) and Ferrari, et al. (2009) which reported that procrastination is mostly observed in male students. The slight increase of procrastination seen in males might be due to lack of goal directed processing ability and in ability to suppress tempting stimuli. On the other hand, a study by Gohil, E. (2014). titled 'procrastination and self-esteem-a gender based study' revealed that there is no significant difference between male and female on procrastination, thus supporting the present study findings.

**Table 3:** The table shows the t-value, mean value, standard deviation and significance obtained for males and females in the dimensions of Life Satisfaction

Variable	Gender	mean	Standard deviation	N	t-value	Sig
Life satisfaction	Female	22.5759	6.43170	158	1.056	0.292
	Male	21.800	6.34713	145		

Table 3 states that the mean value of female and male participants is 22.5759 and 21.800, standard deviation is 6.43170 and 6.34713, N value 158 and 145 respectively while the t-value and significance value is 1.056 and 0.292. It can be inferred that there is a slight gender difference in the prevalence of Life satisfaction among the male and female sample taken, showing that the female samples seem to have a slightly higher rate of life satisfaction than males based on the difference in mean values though it isn't scientifically significant. Hence it can be said that hypotheses 3 'There will be no significant gender difference in life satisfaction is accepted.' The findings are consistent with the study conducted by Ahamad and Silfiasari on life satisfaction based on gender which concluded that there is no difference in life satisfaction based on gender. The reason for these could be cultural and other factors. Another study by Joshanloo and Jovanovic (2020) in which Gender differences in life satisfaction were found to be significant, yet small. Women reported higher levels of life satisfaction than men across all income, education, and employment groups. The direction of gender differences in life satisfaction was inconsistent across age and regional groups. Men scored higher than women only over the age of about 63.

**Table 4:** Correlation between Problematic Series Watching Scale (PSWS) and procrastination score

Variables	Binge watching	
Procrastination	Pearson correlation	0.272**
	Sig (2-tailed)	0.000
	N	303

\*\* correlation is significant at the 0.01 level (2-tailed)

Table 4 shows that the correlation value between binge watching and procrastination is 0.272, the N value is 303 while the p value is 0.00 which is less than 0.01. this indicates that there is a strong and positive correlation exists. Hence it can be concluded that the hypotheses 4 'There will be no significant correlation between binge watching and procrastination' is rejected and the alternate hypotheses is accepted. As the relation that exists is positive it can be said that, as binge watching behaviour increases procrastination tendency in the individual also increases and vice versa. At par with the present study, the result of a study conducted by Strosta.J and Izydorczyk.B (2020) imply that reward motivation and high tendency to procrastination positively predicts high frequency of binge-watching. But A study conducted by Roy.RD and Mathias.PM (2022) showed that binge watching leads to procrastination of assignments by college students but with a small level of significance. But it was concluded as a whole that binge watching did not have a significant impact on the academic performance of students, which doesn't support the present study. The reason for a strong correlation between the two variables might be the curiosity to finding out what is going to happen next in a series leading to binge effect and the tendency to put off getting work done. A study conducted on 316, 18 to 29 year olds, found that those who had less self-control were more likely to continue watching more episodes, even if they had other work to be done (Mackenzie Manley, 2016)

**Table 5:** Correlation between Problematic Series Watching Scale (PSWS) And life satisfaction score.

Variables	Life satisfaction	
Binge watching	Pearson correlation	-0.09
	Sig (2-tailed)	0.873
	N	303

Table 5 shows that the correlation value between binge watching and life satisfaction is -0.009, N value is 303 while the p value is 0.873 which is less than 0.01 stating that there is no significant correlation or a very weak negative correlation is all that there is. Hence it can be said that the hypotheses 5 'There will be no significant correlation between binge-watching and life satisfaction' can be accepted. Thus it can be said that the behaviour of binge watching has no scientifically significant relation with Life satisfaction. A study conducted by Granow et al (2018) stated that though binge watching could possibly increase viewer's enjoyment, vitality through an increase in perceived autonomy and recovery experience on the other hand binge watching can trigger goal conflict and feelings of guilt which may reduce well-being. It is consistent with the slight though scientifically insignificant negative relation that exists between life satisfaction and binge watching in the study.

**Table 6:** Correlation between *life satisfaction* and *irrational procrastination* score

Variables	Procrastination	
Life satisfaction	Pearson correlation	-0.331**
	Sig (2-tailed)	0.000
	N	303

\*\* correlation is significant at the 0.01 level (2-tailed)

Table 6 shows that the correlation value between Life satisfaction and procrastination is -0.331, N value 303 while the p value is 0.00 which is less than 0.01 stating that there is a strong while negative correlation that exists Hence it can be said that the hypotheses 6 'There will be no significant correlation between procrastination and life satisfaction' can be rejected and the alternate hypotheses is accepted. Thus It can be said that the behaviour of procrastination has significant relation with binge watching that too a negative correlation which means that as procrastination increases life satisfaction decreases and vice versa. A similar result was exhibited in a study conducted by Ozer and Sackes (2011) on the topic of effects of academic procrastination and college student's life satisfaction, which reported that procrastinators tends to have a lower life satisfaction score than do non procrastinators. Studies have shown that people who procrastinate tends to have a higher level of anxiety as well as poor impulse control. It is said that procrastination is even linked to physical illness as these people experience more stress and delay in seeking treatment creating a cycle of poor health and life satisfaction.

## 7. Conclusion

The aim of the present study was to assess the binge watching, procrastination and life satisfaction among young adults, and also to check if there is any gender difference in the above mentioned variables. A sample of 303 participants were taken from various parts of India, of which 145 were males and 158 were females. The data was collected through google forms, an online platform. The results of the study were derived using the independent samples t-test and Pearson's Correlation Coefficient procedure. Comparative analysis between genders was carried out by independent sample t-test. The Pearson's Correlation Coefficient was used to assess the association between binge watching, life satisfaction and procrastination

It was concluded that there is no significant gender difference among any of the variables. But it was found that the male samples seemed to show a slightly higher rate of procrastination than females based on the mean value difference. The slight increase of procrastination seen in males might be due to lack of goal directed processing ability and in ability to suppress tempting stimuli. Similarly, in case of life satisfaction females were seen to be on the higher scale though these findings were not scientifically significant. The reason for which could be cultural or other similar environmental factors.

Based on correlation tests it was found that binge watching and procrastination were strongly and positively correlated to each other, showing that as the rate of binge watching increases the tendency to procrastinate also increases and vice versa. The curiosity a show is able to develop on its

viewer may a reason which can glue them onto the screen and tends them to put off other important tasks that they were ought to complete. Similarly, procrastination and life satisfaction showed a negative yet strong correlation with each other, indicating that as the rate of procrastination increases the rate of life satisfaction decreases and vice versa. When an individual decides to procrastinate there comes a date sooner or later where they realise the amount of work that has piled up this can increase the level of stress and anxiety in them leading to a lower level of life satisfaction. On the other hand, life satisfaction and binge watching showed no such scientifically significant correlation.

## 8. Future Scope

The study implies that the behaviour of binge watching can lead a person to procrastinate which in turn can reduce their rate of life satisfaction. Binge watching is the practice of watching multiple episodes of a television programme in rapid succession, usually by means of DVDs or digital streaming. The reason why a person binge watches can be stress, loneliness, habit or an addiction. The present level shows have developed contents that is of interest to the young adult population and tries to end each episode on a cliff hanger so that their viewers continue to watch episode after episode with loss of track in time. These sort of behaviours leads to an act of delaying or putting off tasks until the last minute or past their deadline known as procrastination. Individuals with low self-control are likely to continue watching more and more episodes even though they have a lot of other work that is to be done. It's often perceived by young adults that last minute pressure enables them to give their best work. What these people often fail to see is that this behaviour of theirs can in the long run lead to an accumulation of pending work which in turn can increase their rate of stress and anxiety, even forcing them to compromise with their quality of work. This will gradually lead to a stoop decline to the level of satisfaction these individuals feel about their life. Life satisfaction considered the middle factor of human welfare is the ultimate goal, and one which humans try to achieve throughout their lives. It is linked with better higher performance, better physical health, and stronger social relationships. Having a higher life satisfaction predicts a lower risk of mortality while depressive symptoms predict a higher risk of mortality.

Like any other studies, this study is also not free of limitations. The limitations of the study are those characteristics of design or methodology that impacted or influenced the interpretation of the findings of a research. Some of the limitations in this study was that, It was geographically limited to India, the sample population taken for the study was limited and also the fact that the data was collected through online platform, the subjects could have faced difficulties in understanding the meaning of items as the researcher was not physically present to clarify the doubts.

## 9. Scope for the Further Research

- The study can also be applied to other population with different age group.

- further studies can be conducted to understand the influence of other psychological factors, like academic stress, family crisis and work problems in the correlations found.
- The study can alert the young adults about binge watching can affect major portion of their lives

## References

- [1] Ahamad.MD and Silfiasari (2018) Life satisfaction based on gender, *Advances in Social Science, Education and Humanities Research (ASSEHR)*, volume 304, 2018
- [2] Alfonsi, V., Varallo, G., Scarpelli, S., Gorgoni, M., Filosa, M., De Gennaro, L., Musetti, A., & Franceschini, C. (2022). 'This is the last episode': the association between problematic binge-watching and loneliness, emotion regulation, and sleep-related factors in poor sleepers. *Journal of Sleep Research*, e13747. <https://doi.org/10.1111/jsr.13747>
- [3] AzpiazuIzaguirre, L., Fernández, A. R., & Palacios, E. G. (2021). Adolescent Life Satisfaction Explained by Social Support, Emotion Regulation, and Resilience. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.694183>
- [4] Boettcher.L(2015, December,18) "binge watching promotes relaxation and procrastination". *The Rubicon*. <https://www.rubiconline.com/binge-watching-promotes-relaxation-and-procrastination/>
- [5] Bothe, Gabor and Kiraly (2016 march) "the development of the problematic series watching scale". *Research gate*. [https://www.researchgate.net/publication/289540938\\_The\\_Development\\_of\\_the\\_Problematic\\_Series\\_Watching\\_Scale\\_PSWs](https://www.researchgate.net/publication/289540938_The_Development_of_the_Problematic_Series_Watching_Scale_PSWs)
- [6] Dixit, marthoenis, Arafat,sharma and kumar(2020). 'Binge watching behavior during COVID 19 pandemic: A cross-sectional, cross-national online survey' retrieved from 'Psychiatry Res. 2020 Jul; 289: 113089. Published online 2020 May 13. doi: 10.1016/j.psychres.2020.113089'
- [7] Exelmans and Bulck (2017) 'binge viewing, sleep and the Role of Pre- Sleep Arousal'. Retrieved from '<https://pubmed.ncbi.nlm.nih.gov/28728618/>'
- [8] Ghanadi S, Fakhri M K, Doosti Y. Structural Model of Academic Procrastination Based on Personality Traits by Educational Motivation in Secondary High School Students. *Avicenna J Neuro Psycho Physiology*. 2017; 4 (2) :57-64
- [9] URL: <http://ajnpp.umsha.ac.ir/article-1-102-en.html>
- [10] Granow, V. C., Reinecke, L., & Ziegele, M. (2018): Binge-Watching and Psychological WellBeing: Media Use Between Lack of Control and Perceived Autonomy, *Communication Research Reports*, doi: 10.1080/08824096.2018.1525347
- [11] Iqbal, F., khan, G. and Fatima, S.J. (2013) Maladjustment, Life Satisfaction and Optimism- A Correlation Study. *International Journal of Humanities and Social Science Invention*, 2 (5), 17-26
- [12] Khan M. J., Arif, H., Noor, S. & Muneer, S. (2014). Academic Procrastination among Male and Female University and College Students.
- [13] Laybourn, S., Frenzel, A. C., & Fenzl, T. (2019). Teacher Procrastination, Emotions and Stress—A Qualitative Study. *Frontiers in psychology*, 10, 2325. Retrieved from <https://doi.org/10.3389/fpsyg.2019.02325>
- [14] LieseExelmans, Adrian Meier, Leonard Reinecke& Jan Van Den Bulck (2019) Just One More Episode: Predictors of Procrastination with Television and Implications for Sleep Quality, *Mass Communication and Society*, 22:5, 654-685, DOI: 10.1080/15205436.2019.1606246
- [15] Life satisfaction. (2022, October 9). In Wikipedia. [https://en.wikipedia.org/wiki/Life\\_satisfaction](https://en.wikipedia.org/wiki/Life_satisfaction)
- [16] McFadden, Janee K., "A Study of Academic Procrastination in College Students" (1999). Open Access Master's Theses. Paper 1671. <https://digitalcommons.uri.edu/theses/1671>
- [17] Merriam webster. "Definition of procrastinate". <https://www.merriam-webster.com/dictionary/procrastinate>
- [18] Opshaug (2013) "Life Satisfaction in Adolescence: A Longitudinal Study of Associations with Body Image, Negative Emotionality, Social Support and Life Events". *Reprosentralen, University of Oslo*
- [19] Roy.RD and Mathias.PM (2022) Binge-Watching and Its Impact On the Academic Performance of College Students. *Journal of Positive School Psychology*. Vol 6, No.10, 2975-2990
- [20] Rubenking and Bracken (2018) 'binge-watching: a suspenseful, emotional, habit. Retrieved from '<https://doi.org/10.1080/08824096.2018.1525346>'
- [21] Sackes and Ozer (2010) 'Effects of academic procrastination on college student's life satisfaction, *International Conference on Education and Educational Psychology (ICEEPSY 2010)*
- [22] Schutte and Bolger (2020) greater mindfulness is linked to less procrastination, *international journal of applied positive psychology*. Retrieved from <https://www.semanticscholar.org/paper/Greater-Mindfulness-is-Linked-to-Less-Schutte-Bolger/c780280e997a28fbf36480d3847c5007c1bdeda>
- [23] Unuvar, usulu and avsaroglu (2012), an evaluation of optimism and life satisfaction of undergraduate students in the school of tourism and hotel management, retrieved from <http://dx.doi.org/10.5539/ass.v8n12p140>
- [24] Vaterlaus, Spruance, and Kruger (2018) 'college student television binge watching: conceptualization, gratifications, and perceived consequences'. Retrieved from '<https://doi.org/10.1016/j.soscij.2018.10.004>'
- [25] Walton, Dombrowski and Presseau (2016) 'Just one more episode': Frequency and theoretical correlates of television binge watching'. Retrieved from '<https://pubmed.ncbi.nlm.nih.gov/27106091/>'
- [26] Why do students procrastinate? (2017, September,27). Oxford learning. <https://www.oxfordlearning.com/why-do-kids-procrastinate/#:~:text=Procrastination%20can%20have%20a%20negative,low%20self%20Desteem%20and%20depression>

## **Author Profile**

**Ms Nourin Siraj**, a recent graduate with masters in Clinical Psychology from the Institute, Christ College (Autonomous) Irinjalakuda, Kerala, India

**Ms Nimy PG**, guide of author 1 who supervised the study. Works as Head of the Department of Psychology at Christ College (Autonomous), Irinjalakuda Kerala, India.