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The Influence of Self-Efficacy on Procrastination Among Independent Older Adults

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A B S T R A C T
Procrastination is a form of maladaptive behavior that may negatively impact the quality of life among older adults, particularly those living independently. One psychological factor that plays a role in overcoming procrastination is self-efficacy, which refers to an individual's belief in their ability to accomplish specific tasks. This study aims to examine the effect of self-efficacy on procrastination among independently living elderly individuals. A quantitative correlational approach was employed, involving 102 elderly participants aged 60–75 years residing in urban and sub-urban areas of Central Java, selected using purposive sampling. The instruments used were a self-efficacy scale and a procrastination scale, both adapted and validated for the elderly population. Data were analyzed using simple linear regression. The results indicate a significant negative effect of self-efficacy on procrastination ($R = 0.576$; $R^2 = 0.332$; $p < 0.001$). These findings suggest that the higher the self-efficacy, the lower the level of procrastination in independently living older adults. This study highlights the importance of strengthening self-efficacy to promote independence and improve the quality of life in the elderly.

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INTRODUCTION

Old age is often associated with decreased physical and cognitive function, but in some individuals, especially independent elderly people, there is still a fairly good ability to live their daily lives relatively autonomously. Independent elderly people are elderly individuals who are still able to meet their personal and social needs without significant dependence on others (Sari & Kurniawan, 2020). However, various psychosocial challenges such as decreased motivation, doubts about one's own abilities, and the tendency to postpone tasks or activities remain relevant issues in this group (Kusuma et al., 2022). One form of behavior that interferes with productivity and quality of life in independent elderly people is procrastination, which is the tendency to unnecessarily postpone a task that is actually important or urgent (Svartdal et al., 2016). Although procrastination has been studied more in adolescent and young adult populations, several studies have shown that this behavior is also found in the elderly, especially those who are still socially and economically active (Rahmawati & Wirawan, 2021). Procrastination in the elderly can result in irregular self-care, delays in medical check-ups, and decreased participation in community activities (Mahendra & Putri, 2023).

In cognitive-social psychology, self-efficacy is one of the important predictors in directing individual behavior. Self-efficacy is defined as a person's belief in their ability to organize and carry out the actions needed to achieve certain goals (Bandura, 1997). Recent research shows that individuals with high self-efficacy tend to be more proactive, less likely to procrastinate, and able to complete tasks with confidence, including in the elderly population (Fitriana & Indrawati, 2020; Lestari et al., 2022). Conversely, low self-efficacy is often associated with an increased tendency to procrastinate due to internal doubts about the ability to complete tasks (Ziegler & Opdenakker, 2018).

However, research that specifically examines the relationship between self-efficacy and procrastination in the independent elderly population in Indonesia is still very limited. While most studies have been conducted on students or workers, the context of the elderly who face unique challenges such as physical limitations, social isolation, and changes in social roles requires a more in-depth study (Wulandari & Hartati, 2021). With this background, this study aims to examine the effect of self-efficacy on procrastination in independent elderly people. This study is expected to provide theoretical and practical contributions in the development of self-efficacy-based psychological interventions to improve the quality of life of the elderly.

LITERATURE REVIEW

1. Self-Efficacy in the Elderly

   Self-efficacy is defined as an individual's belief in their ability to organize and carry out the actions necessary to achieve a particular outcome (Bandura, 1997). In the elderly, self-efficacy is an important element in maintaining independence, managing health, and dealing with various psychosocial challenges that arise due to aging (Wrosch et al., 2013). High self-efficacy in the elderly has been shown to play a role in increasing social engagement,

reducing stress, and increasing adherence to self-care (Chen et al., 2020). In the context of independent elderly, self-efficacy is not only related to physical abilities, but also concerns cognitive and emotional aspects, such as confidence in making decisions, managing time, and facing daily life challenges (Lestari et al., 2022).

2. Procrastination in the Elderly

   Procrastination is the deliberate delay in completing a task despite being aware of the negative consequences of the delay (Steel, 2007). In the elderly, procrastination can appear in the form of delaying physical activity, health care, and making important decisions (Ferrari et al., 2015). Although procrastination has been studied more in adolescent and young adult populations, recent research suggests that this tendency also occurs in the elderly population, especially those who experience anxiety, low motivation, or lack of social support (Kim & Seo, 2021).

   This procrastination behavior can have a negative impact on the health of the elderly, such as missing medication appointments, avoiding social activities, or not completing important household chores (Glick et al., 2018).

3. The Relationship Between Self-Efficacy and Procrastination

   Several studies have shown a negative relationship between self-efficacy and procrastination. Individuals with high self-efficacy tend to have good self-control, are able to plan and execute tasks efficiently, and are more resistant to distractions and fear of failure (Ziegler & Opdenakker, 2018). Conversely, individuals with low self-efficacy tend to doubt their own abilities and are more likely to postpone tasks as a form of avoiding failure or anxiety.

   In the context of the elderly, self-efficacy functions as a protective factor against procrastination, because elderly people who feel capable will be more motivated to complete daily activities independently (Fitriana & Indrawati, 2020). Thus, strengthening self-efficacy has the potential to be an intervention strategy in reducing procrastination behavior in the elderly group

METHODOLOGY

Research Design

This study uses a quantitative approach with a correlational design, which aims to determine the effect of self-efficacy on procrastination in independent elderly. The correlational design was chosen to identify the relationship and prediction between two variables without manipulation of the independent variable (Creswell & Creswell, 2018).

Participant

Participants in this study were 102 independent elderly people who live in urban and suburban areas in Central Java Province. The sampling technique used was purposive sampling with the following inclusion criteria:

- Aged between 60 and 75 years
- Living at home alone or with family without the help of a caregiver

- Able to read and write
- No severe cognitive impairment (based on a brief interview and screening questions)

Exclusion criteria included elderly people with severe hearing or visual impairments that prevented them from completing the questionnaire independently.

Research Instruments

This study uses two psychological scales that have been modified and adapted to the context of Indonesian elderly:

1. **Self-Efficacy Scale**
   This scale was developed based on Bandura's theory (1997) and adapted from the General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995). The scale consists of 20 items, using a 4-point Likert scale format (1 = very much disagree to 4 = very much agree). Example item: "I believe that I can complete tasks even if they are difficult." Reliability testing on the trial group produced Cronbach's alpha = 0.87, indicating high reliability.
2. **Procrastination Scale**
   This scale refers to the procrastination dimension of the Tuckman Procrastination Scale that has been adapted to the context of elderly activities (Ferrari et al., 2015). The scale consists of 18 items with a 4-point Likert scale format (1 = never to 4 = always). Example item: "I often postpone activities that are important to my health." Cronbach's alpha value = 0.83 indicates a good level of reliability

Research Procedures

Data collection was conducted from January to March 2025, with ethical approval from the university ethics committee (Number: 032/KEPK-Psi/2025). Participants were contacted through elderly health posts, RW/RT communities, and elderly exercise groups. After obtaining written consent, participants were asked to fill out the questionnaire independently with assistance from a facilitator if necessary.

Data Analysis Techniques

Data were analyzed using simple linear regression analysis with the help of SPSS software version 25. Normality, linearity, and multicollinearity assumption tests were conducted first to ensure the validity of the analysis model. The significance test was set at a 95% confidence level ($p < 0.05$).

RESULTS AND DISCCUSION

Before done analysis regression, especially formerly done test assumptions.

Test Assumptions

1. **Test Normality** using Kolmogorov-Smirnov shows mark p of 0.112 (> 0.05), which means the data is normally distributed.
2. **Test Linearity** show linear relationship between efficacy self And procrastination ($p < 0.05$).
3. **Test Multicollinearity** No relevant Because only there is One variable predictor.

Statistics Descriptive

- Average efficacy self : M = 65.43, SD = 8.22
- Average procrastination : M = 47.16, SD = 7.89

Analysis Simple Linear Regression

Table 1. Results Analysis Regression Show that Efficacy Self Own Influence Significant to Procrastination on Elderly Independent

Model	**R**	**R^2**	**F**	**Sig.**
1	0.576	0.332	49.30	0.000

Table 2. Coefficient Regression Show Significant Negative Beta Value

Variables Free	**B**	**β**	**t**	**Sig.**
Efficacy Self	-0.452	-0.576	-7.02	0.000

This means that every improvement one unit on efficacy self will lower score procrastination by 0.452 points.

Results study This show that efficacy self own influence significant negative to procrastination on elderly independent. The more tall efficacy self owned elderly, increasingly low trend they For postpone task or activity important. Findings This in line with Bandura's theory (1997) states that efficacy self is determinant important in arrangement behavior And motivation individual.

Results This Also support study Fitriana & Indrawati (2020) who found that elderly with level efficacy self tall more active And more A little show behavior procrastination in activity community. Besides that, Lestari et al.'s (2022) study showed that efficacy self become predictor strong for taking decision And initiative, even in population age carry on.

In context elderly independent in the region urban and suburban Central Java, the role efficacy self become important Because individual on group This often faced with on need For arrange time, take decision alone, and undergo activity without help from others. Low efficacy self can trigger a sense of not capable, which has an impact on delay actions, including in matter guard health, participate in activity social, or finish work House stairs (Wulandari & Hartati, 2021).

In general psychological, elderly with efficacy self tall tend have an internal locus of control, believe to ability personal, and capable face challenge in a way more adaptive. This is compared to backwards with elderly who have efficacy self low, which tends to passive And postpone Because feel No capable finish task with good (Ziegler & Opdenakker, 2018).

From the perspective intervention, results This indicates importance training program development psychological based on improvement efficacy self, such as training strengthening belief self, training skills alive , and support social structured. This is in line with Ferrari et al.'s (2015) recommendation that improvement efficacy self can lower procrastination cross age, including on elderly.

However thus, research this own limitations, namely use design correlational that is not allow withdrawal conclusion causal, and limited coverage region only in Central Java. Research furthermore recommended For use longitudinal approach and involving elderly in the area rural For get a better picture comprehensive.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

This study shows that self-efficacy has a significant and negative effect on procrastination in independent elderly in urban and suburban areas in Central Java. This means that the higher the self-efficacy of the elderly, the lower the level of procrastination they show. Self-efficacy contributes 33.2% to the variation in procrastination behavior, indicating that an individual's belief in their own abilities plays an important role in encouraging productive and adaptive behavior in old age.

These findings reinforce the importance of the role of psychological factors, especially self-efficacy, in maintaining the quality of life and independence of the elderly, and emphasize the need for interventions that are not only physical, but also target psychosocial aspects.

Recommendations

1. **For Psychology Practitioners and Health Workers**
   It is recommended to design intervention programs based on increasing self-efficacy, such as problem-solving training, self-confidence strengthening training, and the formation of social support groups. These interventions can help the elderly manage daily activities more effectively and reduce procrastination habits.
2. **For Policy Makers and Social Institutions**
   It is necessary to provide a space for elderly community activities that not only focus on physical activity, but also develop the cognitive and emotional competence of the elderly, for example through life skills training and educational activities that stimulate self-confidence and responsibility.
3. **For Further Researchers:**
   Future research should involve elderly populations from rural areas, and use longitudinal or experimental designs to test the immediate and long-term effects of self-efficacy on various aspects of elderly adaptive functioning, including decision-making and quality of life.

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FURTHER STUDY

This study still has limitations so that further research is still needed on the topic "The Influence of Self-Efficacy on Procrastination Among Independent Older Adults".

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