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Research on the Technique of Improving Procrastination Behavior by Using Psychological Reactance

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The motivational state that is aroused when an individual's specific freedom is violated, and which is oriented toward restoring freedom, is called psychological reactance. In the present study, we investigated the improvement of procrastination behavior in procrastinators by teaching them to regulate their freedom, taking advantage of the repulsive force of psychological reactance. The results of this study showed that those with high levels of procrastination took more time to submit their work than did members of the same group. However, they took less time than the control group, which did not use any other psychological reactance. The psychological reactance instruction from an unrelated third party had a positive effect on the suppression of procrastination behavior. Finally, psychological reactance was shown to be useful in getting people to submit their assignments faster in the short term.