

Title	先延ばし行動改善のための比較低関心度状況の活用に関する研究
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A Study on the Use of Comparatively Low-Interest Situations for Improving Procrastination Behavior

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Procrastination, defined as the tendency to delay tasks despite anticipating negative consequences, is a common behavioral problem, particularly among university students. Previous studies on reducing procrastination have mainly focused on increasing task attractiveness through gamification or applying psychological pressure such as urgency or social awareness. In contrast, this study proposes a novel approach that leverages a psychological tendency in which people are more likely to start a task when it is perceived as “less unpleasant” relative to an even more boring or unavoidable situation. This study introduces the concept of a comparatively low-interest situation, in which an environment that is less engaging than the target task is artificially constructed. We hypothesize that placing individuals in such a situation can reduce psychological resistance to the target task and promote natural task initiation without modifying the task itself. To test this hypothesis, an experiment was conducted in which participants were assigned to either a control group, which was only given a large number of simple calculation problems to complete within one week, or an experimental group, which was additionally required to watch a highly uninteresting instructional video for an extended period of time. Task initiation time and task completion time were compared between the two groups. The experiment was conducted twice, and the results indicated that participants in the experimental group tended to start the target task earlier than those in the control group. In the first experiment, this difference was statistically significant, while in the second experiment, no significant difference was observed. With respect to task completion time, a significant difference favoring the experimental group was found in the second experiment, although the overall results did not show a consistent reduction in completion time. Questionnaire responses further suggested that many participants in the experimental group began working on the task during the video-viewing period, indicating that the comparatively low-interest situation induced spontaneous “side-work” behavior. These findings suggest that comparatively low-interest situations may be effective in promoting the initiation of procrastinated tasks, rather than directly improving task execution efficiency. This study contributes a new perspective to procrastination research by demonstrating that environmental manipulation, rather than task modification or motivational enhancement, can facilitate behavioral change under certain conditions.