

Abstract

Procrastination was a widespread phenomenon, concerning the industrialized societies, was suggested to link to self-esteem and life satisfaction. This phenomenon had long been recognized and investigated in the western countries, but very few researches were done in Hong Kong, leaving limited information for the local situation. The present study was a prior study to investigate the situation of work procrastination in Hong Kong. The study looked into the correlation between procrastination, self-esteem and life satisfaction among Hong Kong working adults. It also examined a mediation role of self-esteem between procrastination and life satisfaction. It was a correlational research collecting quantitative data via online survey and adopted snowball sampling method. There were 129 Hong Kong working adults (59 males and 70 females) participated in the survey. Majority of them were aged 18 to 30 (67%). The survey consisted of three scales - Irrational Procrastination Scale (IPS), Satisfaction with Life Scale (SWLS) and Rosenberg Self-Esteem Scale (RSES) together with demographical questions. Findings were consistent with the hypotheses that procrastination was negatively associated with life satisfaction, and also self-esteem; besides, self-esteem was found to be positively associated with life satisfaction and it acted as a mediator between procrastination and life satisfaction. The study also found that younger age cohort (18 to 30 years old) procrastinated more comparing to older age cohorts. There was one finding inconsistent with hypothesis that no significant gender difference in procrastination was found. The results suggested enhancement of self-esteem and improving problem solving skills could help to decrease the procrastination tendency, and to increase the level of life satisfaction. Implications and directions for future researches were discussed.