

WORKPLACE PROCRASTINATION AND JOB PERFORMANCE AMONG ASSISTANT PROFESSORS: THE MEDIATING ROLE OF SELF-EFFICACY

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Procrastination in the workplace creates serious problems which decrease employee work performance and job satisfaction for people who need to achieve high academic standards. The study investigates how workplace procrastination affects both job performance and work-related stress and self-efficacy among West Bengal Assistant Professors who teach at private colleges. The researchers conducted their study through a structured questionnaire which they used to collect data from 200 participants in a quantitative cross-sectional study. The research findings demonstrate that workplace procrastination leads to decreased job performance and self-efficacy while it causes increased work stress. The regression analysis shows that procrastination serves as a reliable predictor for lower job performance outcomes. The research results show that institutional programs which reduce procrastination while improving self-efficacy and managing work stress will benefit faculty members through better performance results and improved well-being.
