

KORNIENKO D.S., RUDNOVA N.A. ONLINE SOCIAL NETWORK USAGE, PROCRASTINATION AND SELF-REGULATION

Full text in Russian: [Корниенко Д.С., Руднова Н.А. Особенности использования социальных сетей в связи с прокрастинацией и саморегуляцией](#)

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Nowadays online social networks (Facebook, VKontakte, etc.) are the part of modern life, but they are also the cause of achievement (especially academic) decline. Self-regulation and procrastination are the characteristics that can be defined as personality factors in online social network use. Procrastination is conceptualized as postponing some actions crucial to the timely completion of assignments or as a "voluntarily delay". It is defined as a self-regulatory failure, representative of low conscientiousness, high impulsivity, and thought control problems. There is some evidence of the negative role of procrastination as well as low self-regulation in academic achievements. At the same time relations between procrastination and self-regulation are still unclear. This study analyses personality factors: procrastination and self-regulation as predictors of online social network (OSN) usage intensity and intrusion. The sample consists of 321 users of OSN VKontakte, from 17 to 60 ages. OSN usage assessed by OSN Intensity scale and OSN Intrusion scale. The features of procrastination and self-regulation were also measured. Based on correlation and regression analyses was found that sex and procrastination are significant predictors of OSN intensity and intrusion. Sex differences in OSN usage were clarified. This study shows that women are more tend to use OSN and reveal negative aspects (relation, emotional, work problems) of intensity and intrusion of online social network usage.

Keywords: procrastination, self-regulation, online social network, VKontakte

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