

FPP

June - November 2024

BizNewz

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

Permingaan Produk

TEBALOI

work-life BALANCE

The Power of PHYSIOTHERAPY

wanita dan MOTOSIKAL

sustainable
SKINCARE

Mental Toughness in Athletic Performance

eISSN 2600-9811



9 772600 981003

Publication Date
25 October 2024

WHY EARLY ISN'T ALWAYS BETTER: THE HIDDEN DRAWBACKS OF PRECRASTINATION

Azlina Shamsudin*, Nur Dalila Adenan, Nazlin Emieza Ngah, Marha Abdol Ghapar
Faculty of Business and Management, Universiti Teknologi MARA, Cawangan Terengganu, Terengganu, Malaysia

*Corresponding email: azlin226@uitm.edu.my

When a task comes up on your to-do list, do you usually jump right into finishing it? Although it may seem efficient to do tasks ahead of time, this tendency, referred to as precrastination, can really have negative consequences. Precrastination refers to the act of completing a task or activity ahead of time, often resulting in additional costs or effort (Sauerberger, 2019). It is the desire to finish things quickly just to get them off your plate, frequently at the price of effectiveness and quality. Being overly eager to get things done can result in unnecessary stress, missed chances, and ignored details in our fast-paced world. This article discusses the hidden downsides of precrastination and the reasons why completing tasks ahead of time is not always good.

Precrastination, in contrast to procrastination, is the act of hurrying to complete work ahead of schedule, sometimes at the sacrifice of effectiveness and quality (Adachi & Adachi, 2024). For instance, someone may begin working on a project before obtaining all the required information, replying to emails right away, or give priority to simple, quick activities over more difficult, crucial ones. This habit may arise from a craving for immediate satisfaction, where the act of completing chores gives a feeling of achievement. It can also be a tactic to help one cope with the stress that comes with having unfinished tasks on their to-do list.



Nevertheless, precrastination might give rise to many complications. Work done in a hurry may not be as thorough, leading to errors or missing information. Additionally, it may result in inefficiencies like having to redo tasks or missing out on better options that may have been discovered with more time. To ensure efficiency and excellent results, it is essential to comprehend precrastination and strike a balance between timely action and careful work completion.

Effectively managing precrastination involves using techniques that facilitate a balance between timeliness and thoughtful choices. Before beginning the activity, the first thing we may do is to take a moment to reflect. Determine if the task requires immediate attention or if it can wait for a better result. Also consider the task's importance and timing.

Because significant jobs have larger results and are more challenging, some people would prefer to do urgent tasks with short deadlines rather than important tasks (Zhu et al., 2018). Prioritize doing important tasks first and postpone less important ones. This approach ensures that your efforts are focused on tasks that have the most impact.

Set up certain time periods for various kinds of work, such as focused job completion and careful planning. By allocating certain times for both urgent activity and thoughtful planning, time-blocking enables you to better organize your day. In addition, we need to be more flexible in managing our plan. Rather than blindly adhering to an early completion attitude that may not always be ideal, flexibility enables us to modify our strategy as needed. Colleagues' opinions can also be sought to determine whether urgency to finish jobs is improving efficiency or creating needless issues. We may strike a balance between finishing tasks on time and producing high-caliber, productive work by putting these techniques into practice.

Hence, it is crucial to strike a balance between prompt action and dedicating sufficient time to guarantee tasks are executed with careful thought and highest efficiency. As a result, we must examine our own work practices, begin putting precrastination management techniques into practice, and strive for both greatness and efficiency.

References

- Adachi, M., & Adachi, K. (2024). Procrastination and Precrastination from the Perspective of Self-Control. *Japanese Psychological Research*, 66(2), 178-194.
- Sauerberger, K. (2019). When doing things later is the best choice: Precrastination as an individual difference. University of California, Riverside.
- Zhu, M., Yang, Y., & Hsee, C. K. (2018). The mere urgency effect. *Journal of Consumer Research*, 45, 673-690. <https://doi.org/10.1093/jcr/ucy008>



eISSN 2600-9811



9 772600 981003

BizNewz 2024

Faculty of Business and Management

**Universiti Teknologi MARA Cawangan Terengganu, Kampus Dungun
Sura Hujung, 23000 Dungun, Terengganu, MALAYSIA**

Tel: +609-8400400

Fax: +609-8403777

Email: biznewzuitm@gmail.com