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# RAINBOW of laziness

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**D**o you sometimes feel that you don't want to get out of bed and spend the whole day sleeping or relaxing in front of television? You may feel that you're lazy and hoping that somebody'll take over and finish the very tasks or activities that you've planned to do. Well! We may have experienced these unproductive days and felt guilty later for being lazy. Is there any explanation to this phenomenon? First, let's look at the psychological background of laziness.

## THE PSYCHOLOGY NATURE OF LAZINESS

A person is considered lazy if he or she's unable to carry out some activities that he or she has planned to perform, but he or she declines to do so because of the complexity and difficulty of performing the said activities. Instead, he or she chooses to perform other tasks that're much simpler, less difficult, less complex, or he or she would perform the activity he or she's planned earlier but with low commitment or less interest. Worse comes to worst, he or she may also choose to not do anything. In other words, he or she's being lazy because he or she lacks motivation

to perform the tasks that he or she perceives as not worthy of his or her effort and time because of the difficult nature of the task or barriers created by others.

In addition, the person would lack motivation to perform a task or job if he or she isn't willing to sacrifice his or her time and effort for long-term goals that don't provide immediate gratification. It's very difficult to motivate the person to embark on a project as he or she has to value the rewards of his or her pain and labour more than the pain and discomfort that he or she has to endure. The challenge's compounded if the person's unable to trust the long-term rewards that're both uncertain and distant.

This phenomenon may be rooted to the fact that our nomadic ancestors had to conserve their

energy to compete for scarce resources and fight or flee enemies and predators. They live from day to day where desire would lead to action for immediate gratification without any complex planning and preparing. Furthermore, many lazy people aren't intrinsically lazy, but haven't found what they want to do or enjoy doing it. To make matters worse, some people perceive that their jobs have become so abstract and complicated that they could no longer grasp their purposes and their relationships to their abilities to serve others.

## LIFESTYLES AND PHYSICAL FACTORS

Other factors that may contribute to the feeling of laziness may be tied to a person's physical well-being and lifestyle. Shilpa Dubey (2020) has proposed several factors for a person's feeling of laziness and tiredness. These factors include: 1) Lack of Iron; 2) Lack of Sleep; 3) Feeling Stressed or Overwhelmed; 4) Unhealthy or Unbalanced Diet; 5) Being Dehydrated (Lack of fluid in the body); 6) Too Much Exercise or No Exercise; and 7) Heat or Sickness.

These factors indicate that a change

of lifestyle and eating behaviour may help the person to be more energetic, hence, he or she is able to overcome the feeling of laziness. Eating the right food with the right quantity and quality, taking more fluid, exercising regularly with the amount and frequency may help the person to have more energy. In the meantime, getting the right amount of sleep, good time management, and effectively managing stress level would also help in increasing his or her energy level and combating tiredness and fighting that feeling of laziness.

If you experience that feeling of tiredness or the Monday blues, you shouldn't feel bad or guilty. This feeling may've a valid psychological and physical reason to your feelings and emotions. Perhaps, there could be a multitude of reasons, physically and emotionally. Always feeling sleepy, tired, and exhausted could be your body hinting you to take a more in-depth look. Knowing what factors that contribute to your feelings and physical experience would help you to manage and overcome physical challenges and negative feelings.

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