Abstract

This bachelor's thesis focuses on linking the topic of procrastination with the topic of smartphone use. The aim of this bachelor thesis is to answer the question whether smartphones can be a cause or a solution to procrastination. Smartphones, with their comprehensive features, have the potential to be a tool to reduce procrastination behaviour. However, problematic aspects of their use may include procrastination. The literature review section focuses on the concepts separately and their interconnections. The phenomenon of procrastination is described in more detail, as are aspects of smartphone use. The bachelor thesis mentions studies that have investigated the connection between the phenomenon of procrastination and the use of smartphones. In the empirical part, a research project design is presented. Qualitative and quantitative research methods are used in the research project. The research design aims to find out whether a group of research participants who do not carry a smartphone during the research will procrastinate less than a group of research participants who do carry a smartphone but use an app to manage procrastination. This work could benefit research into effective procrastination interventions, as well as it could enrich the field of digital wellbeing.