

Научная статья

УДК 621.00.01

<https://doi.org/10.37493/2307-910X.2025.4.12>

## Прокрастинация и толерантность к неопределенности в современном научном дискурсе

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**Аннотация. Введение.** Современная социальная реальность характеризуется высокой степенью неопределенности и непредсказуемости, что существенно повышает требования к адаптационным способностям индивидов. В условиях глобальной нестабильности особое внимание привлекают исследования дезадаптивных поведенческих паттернов, включая феномен прокрастинации. Прокрастинация, как когнитивно-поведенческая стратегия избегания, может приводить к серьезным негативным последствиям, таким как снижение продуктивности, эмоциональное истощение и переживание чувства личной несостоятельности. В основе хронической прокрастинации часто лежит глубинная неспособность индивида эффективно справляться с неопределенностью. Эта взаимосвязь представляет собой важный предмет теоретического анализа, позволяющий глубже понять механизмы формирования прокрастинативного поведения.

**Материалы и методы.** Методологической основой настоящего теоретического исследования является системный анализ, который позволил рассмотреть феномены прокрастинации и толерантности к неопределенности как сложные, многокомпонентные конструкты, находящиеся в динамическом взаимодействии. В рамках данного подхода был реализован комплексный подход, включающий общенаучные и теоретико-психологические методы, что обеспечило всестороннее изучение исследуемых феноменов и их взаимосвязей.

**Результаты и обсуждение.** Субъективное отношение личности к различным аспектам человеческого существования представляет собой фундаментальный элемент психической организации, служащий важным связующим звеном между объективными проявлениями психики и внутренней позицией индивида. В контексте данного анализа, прокрастинацию целесообразно рассматривать не как автономный феномен, а скорее, как поведенческий симптом, обусловленный низкой толерантностью к неопределенности. Этот механизм представляет собой специфический способ, посредством которого внутренний дискомфорт, вызванный неясностью и непредсказуемостью, трансформируется в конкретные дезадаптивные действия или, напротив, бездействие.

**Заключение.** Теоретический анализ показал, что низкая толерантность к неопределенности предсказывает прокрастинацию, создавая когнитивно-аффективную основу. Основные механизмы включают тревожность, перфекционизм, ожидания неудачи и дефицит гибкого планирования. Для борьбы с прокрастинацией важен комплексный подход, включающий развитие толерантности к неопределенности. Эффективные методы включают КПТ, тренинги по принятию решений, техники эмоциональной регуляции и экспозиционную терапию. Перспективы исследований включают эмпирическую проверку модели и разработку программ по развитию толерантности к неопределенности.

**Ключевые слова:** прокрастинация, толерантность к неопределенности, тревожность, перфекционизм, эмоциональная регуляция, принятие решений.

**Для цитирования:** Беловодова С. Е., Никитина А. А., Маннанова Е. А. Прокрастинация и толерантность к неопределенности в современном научном дискурсе // Современная наука и инновации. 2025. № 4. С. 113-120. <https://doi.org/10.37493/2307-910X.2025.4.12>

**Конфликт интересов:** Авторы заявляют об отсутствии конфликта интересов.

Статья поступила в редакцию 01.10.2025;  
одобрена после рецензирования 01.11.2025;  
принята к публикации 01.12.2025.

Research article

## Procrastination and Tolerance for Uncertainty in Modern Scientific Discourse

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**Abstract. Introduction.** The current social reality is characterized by a high degree of uncertainty and unpredictability, which significantly increases the demands on individuals' adaptive abilities. In the context of global instability, research on maladaptive behavioral patterns, including the phenomenon of procrastination, has gained significant attention. Procrastination, as a cognitive-behavioral avoidance strategy, can lead to serious negative consequences, such as decreased productivity, emotional exhaustion, and feelings of personal failure. Chronic procrastination is often rooted in an individual's underlying inability to effectively cope with uncertainty. This relationship is an important subject of theoretical analysis, allowing us to gain a deeper understanding of the mechanisms that shape procrastination behavior. **Materials and methods.** The methodological basis of this theoretical study is systemic analysis, which allowed us to consider the phenomena of procrastination and tolerance to uncertainty as complex, multi-component constructs that are in dynamic interaction. Within this approach, a comprehensive approach was implemented, including general scientific and theoretical-psychological methods, which ensured a comprehensive study of the phenomena under investigation and their relationships. **Results and discussion.** The subjective attitude of an individual towards various aspects of human existence is a fundamental element of mental organization that serves as an important link between the objective manifestations of the mind and the individual's internal position. In the context of this analysis, procrastination should be viewed not as an autonomous phenomenon but rather as a behavioral symptom caused by a low tolerance for uncertainty. **Conclusion.** A theoretical analysis has shown that low tolerance for uncertainty predicts procrastination, creating a cognitive-affective basis. The main mechanisms include anxiety, perfectionism, expectations of failure, and a lack of flexible planning. A comprehensive approach is important for combating procrastination, including the development of tolerance for uncertainty. Effective methods include CBT, decision-making training, emotional regulation techniques, and exposure therapy. Research prospects include the empirical validation of the model and the development of programs for developing tolerance for uncertainty..

**Key words:** procrastination, tolerance for uncertainty, anxiety, perfectionism, emotional regulation, and decision-making.

**For citation:** Belovodova SE, Nikitina AA, Mannanova EA. Procrastination and Tolerance to Uncertainty in Modern Scientific Discourse. *Modern Science and Innovations*. 2025;(4):113-120. (In Russ.). <https://doi.org/10.37493/2307-910X.2025.4.12>

**Conflict of interest:** the authors declare no conflicts of interests.

The article was submitted 01.10.2025;  
approved after reviewing 01.11.2025;  
accepted for publication 01.12.2025.

**Introduction.** Modern reality is characterized by a high degree of instability and unpredictability, placing increased demands on an individual's ability to function effectively in conditions of uncertainty. In this context, research into maladaptive behavioral patterns, such as procrastination, which can lead to serious negative consequences such as decreased productivity, emotional burnout, and feelings of personal failure, is particularly relevant [1, 3]. Many cases of chronic procrastination are rooted in an individual's fundamental inability to comfortably exist in a situation of uncertainty, making theoretical analysis of the relationship between these two phenomena particularly relevant.

**The aim of the study** is to carry out a theoretical analysis of modern scientific concepts on procrastination and tolerance of uncertainty, identifying the key mechanisms of their mutual influence and points of contact.

**Research Materials and Methods.** The methodological basis of this theoretical study was a systems analysis, which allowed us to examine the phenomena of procrastination and tolerance of uncertainty as complex, multicomponent constructs that dynamically interact. To achieve the research goal, a combination of general scientific and theoretical psychological methods was used.

**Research Results and Discussion.** Procrastination (from the Latin *pro* – instead of, ahead of, and *crastinus* – tomorrow) is understood in modern psychology as the conscious, irrational postponement of planned tasks despite an awareness of the negative consequences of such actions [8, 11]. It is not simply laziness or a change in plans, but a complex psychological phenomenon accompanied by a range of negative emotions: guilt, anxiety, and discomfort.

N. Milgram identifies two key areas of procrastination: postponing task completion and postponing decision-making [9]. A typology is also widely used, dividing procrastination into everyday, academic (especially relevant for students), decision-making, neurotic (associated with existential fears), and compulsive (as a stable behavioral pattern). In addition, a distinction is made between normative (episodic) and non-normative (chronic) procrastination, where the latter poses a serious threat to psychological well-being [3].

Theoretical explanations for procrastination can be found in many personality theories.

1. From the point of view of the psychodynamic approach (Blatt, Quinlan), procrastination is considered as a defense mechanism that allows one to avoid anxiety associated with possible failure.
2. Behavioural theory sees it as the result of a lack of positive reinforcement or the presence of negative experiences when performing unpleasant tasks.
3. The cognitive approach emphasizes the role of irrational beliefs such as perfectionism (“all or nothing”) and catastrophizing the consequences of failure, which paralyzes the will to act.
4. Humanistic psychology interprets procrastination as a symptom of incongruence, a gap between the “real self” and the “ideal self,” and also as a consequence of the lack of personal significance of the task being performed.

A unifying model is Ainslie's theory, which explains procrastination as a conflict between immediate reward (the pleasure of delay) and distant but more meaningful goals. This conflict triggers a "vicious cycle": the search for immediate gratification → increased anxiety → increased avoidance.

Tolerance for uncertainty (TU) is the ability of an individual to comfortably exist and act effectively in conditions of insufficient information, ambiguity, and unpredictability of results [1, 28]. The structure of this complex phenomenon includes cognitive (ability to work with contradictory information), emotional (absence of distress in unclear situations), and behavioral (readiness to take action despite uncertainty) components.

Historically, the concept was introduced by E. Frenkel-Brunswik in the late 1940s in the context of studying the authoritarian personality. She linked intolerance to uncertainty with rigidity, black-and-white thinking, and a tendency to simplify complex situations. S. Badner

defined intolerance as the tendency to perceive uncertain situations as a source of threat, and tolerance as the tendency to see them as a welcome challenge [28].

In modern research, TN is considered both a personality trait and a situationally specific attitude. Russian contributions to the study of this phenomenon include the work of T.V. Kornilova, who introduced the concept of "interpersonal intolerance of uncertainty," emphasizing that a person can be tolerant in the professional sphere but experience severe stress from uncertainty in relationships [9].

High levels of TN correlate with creativity, flexible thinking, low anxiety, and effective stress coping strategies. Conversely, intolerance is associated with dogmatism, authoritarianism, increased anxiety, and avoidance behavior.

The conducted analysis allows us to identify several key mechanisms that link procrastination and tolerance of uncertainty into a single behavioral complex.

**Anxiety as a mediator.** Any task with an unpredictable outcome, complex, or unclear requirements activates a state of uncertainty. For someone with low TN, this state is a powerful stressor, generating high anxiety. Procrastination, in this case, acts as a maladaptive emotional regulation strategy, allowing one to temporarily reduce anxiety by avoiding the stressor. However, in the long term, this leads to an accumulation of problems and an intensification of negative experiences, perpetuating a vicious cycle [12, 27].

**Perfectionism and Fear of Failure.** Intolerance of uncertainty is often associated with rigid cognitive patterns, among which perfectionism occupies a special place. The belief that the result must be perfect, combined with the inability to predict and guarantee this ideal outcome, generates an intense fear of failure. In such a situation, delaying the start of an activity is perceived as a less painful alternative to a possible "less than perfect" result and the associated criticism [11, 21].

**Deficit in planning skills under uncertainty.** Effective task execution in a situation of information deprivation requires developed flexible planning skills, the ability to formulate and test hypotheses, and to use trial and error. Individuals with low TN often struggle with this type of activity. Uncertainty paralyzes their ability to formulate even a rough plan of action, making the task itself seem overwhelming and, consequently, prone to postponement.

**Impaired decision-making processes.** Making decisions under uncertainty is a cognitively complex task. Intolerance of uncertainty directly correlates with difficulties in this area—a tendency to delay decisions, search for redundant information, and getting stuck at the analysis stage of alternatives. Thus, decision-making procrastination is a direct behavioral manifestation of low tolerance for uncertainty [9].

The subjective attitude of an individual to various aspects of a person's life is one of the key components of his mental organization, serving as a link between the objective manifestations of the psyche and the internal personal position of a person [14].

Thus, procrastination can be viewed not as an independent phenomenon, but often as a behavioral symptom of low tolerance for uncertainty. It is the specific mechanism through which internal discomfort from ambiguity and unpredictability is transformed into specific maladaptive actions (or inactions).

**Conclusion.** Theoretical analysis confirmed the complexity and close relationship between the phenomena of procrastination and tolerance of uncertainty. Low tolerance of uncertainty creates the psychological foundation for procrastination, serving as one of its key predictors. The main mechanisms underlying this relationship include: the generation of anxiety, increased perfectionistic attitudes and fear of failure, a deficit in flexible planning skills, and disruptions in the decision-making process.

The theoretical findings obtained have important practical implications for psychological counseling and pedagogy. Combating chronic procrastination cannot be reduced to time management alone. It requires developing a fundamental personality trait—tolerance for uncertainty. Effective approaches here may include: cognitive behavioral therapy aimed at correcting perfectionism and catastrophizing; decision-making training in conditions of limited

information; developing emotional regulation and mindfulness skills to reduce anxiety; and the use of exposure therapy methods, where the client is gradually immersed in situations of controlled uncertainty.

The prospects for further research include empirical verification of the proposed theoretical model and the development of comprehensive psychological and pedagogical programs that integrate the development of tolerance to uncertainty as a basis for overcoming destructive procrastination.

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