



## Self-Control and Revenge Bedtime Procrastination Among Young Adults

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**Abstract:** The present study examined the relationship between self-control and revenge bedtime procrastination among young adults aged 18–25 years. A quantitative cross-sectional correlational design was employed. Data were collected from 100 participants using the Brief Self-Control Scale (BSCS) and the Revenge Bedtime Procrastination Scale (RBPS). Results indicated a significant negative correlation between self-control and revenge bedtime procrastination ( $r = -.48$ ), suggesting that individuals with higher self-control are less likely to delay sleep intentionally. Regression analysis revealed that self-control accounted for 23% of the variance in bedtime procrastination. The findings highlight the importance of self-regulation in sleep behavior and suggest implications for interventions aimed at improving sleep hygiene.

**Keywords:** *Self-Control, Bedtime Procrastination, Sleep Behavior, Young Adults, Self-Regulation*

### 1. Introduction

Sleep is a fundamental biological and psychological necessity that plays a crucial role in cognitive functioning, emotional regulation, and physical health (Walker, 2017). Adequate sleep enhances memory, learning, and psychological resilience, while insufficient sleep is associated with impaired attention, increased stress, and poor mental health (Hershner & Chervin, 2014).

Despite its importance, many young adults intentionally delay sleep, a behavior known as revenge bedtime procrastination. This refers to the voluntary delay of bedtime to reclaim personal leisure time (Kroese et al., 2014). Unlike sleep disorders, this behavior is driven by psychological factors such as self-control and autonomy.

Self-control is defined as the ability to regulate impulses and prioritize long-term goals over immediate gratification (Tangney et al., 2004). Individuals with high self-control are more likely to maintain structured routines, including consistent sleep schedules. Therefore, this study examines the relationship between self-control and revenge bedtime procrastination among young adults.

## **2. Review of Literature**

Self-regulation theory explains how individuals control their behavior to achieve goals (Baumeister & Vohs, 2007). The ego-depletion model suggests that self-control is a limited resource that becomes exhausted over time (Baumeister et al., 1998). Procrastination theory defines procrastination as delaying tasks despite negative consequences (Steel, 2007).

Kroese et al. (2014) identified bedtime procrastination as a form of self-regulation failure. Exelmans and Van den Bulck (2016) found that digital media use significantly contributes to delayed sleep. Additionally, self-determination theory highlights the role of autonomy in motivating behavior (Ryan & Deci, 2000).

Overall, research suggests that low self-control and high digital engagement are key contributors to bedtime procrastination.

### **2.1 Research Gap**

Despite existing research, several gaps remain:

- Limited studies on revenge bedtime procrastination specifically
- Lack of research in non-Western (Indian) contexts
- Insufficient focus on psychological predictors like self-control
- Heavy reliance on self-report measures
- Lack of longitudinal research designs

## **3. Methodology**

### **3.1 Research Design**

The study used a quantitative cross-sectional correlational design to examine the relationship between self-control and revenge bedtime procrastination.

### **3.2 Participants**

The sample consisted of 100 young adults aged 18–25 years. Participants were recruited using convenience sampling through online platforms.

### 3.3 Measures

**Brief Self-Control Scale (BSCS):** A 13-item self-report measure assessing self-control (Tangney et al., 2004).

**Revenge Bedtime Procrastination Scale (RBPS):** A self-report measure assessing intentional delay of sleep behavior.

### 3.4 Procedure

Data were collected through Google Forms. Participants provided informed consent and completed demographic information followed by both scales. Data were analyzed using SPSS.

### 3.5 Ethical Considerations

Participation was voluntary, and informed consent was obtained. Confidentiality and anonymity were maintained, and no identifying information was collected.

### 3.6 Statistical Analysis

- Descriptive statistics (mean, standard deviation)
- Reliability analysis (Cronbach's alpha)
- Pearson correlation
- Linear regression
- Independent samples t-test

## 4. Results

Descriptive statistics indicated moderate levels of self-control ( $M = 34.52$ ) and bedtime procrastination ( $M = 28.76$ ). Reliability analysis showed good internal consistency:

- BSCS ( $\alpha = .82$ )
- RBPS ( $\alpha = .79$ )

Pearson correlation revealed a significant negative relationship between self-control and bedtime procrastination ( $r = -.48$ ). Regression analysis indicated that self-control significantly predicted bedtime procrastination, accounting for 23% of the variance ( $R^2 = .23$ ). No significant gender differences were found.

## 5. DISCUSSION

The findings indicate that higher self-control is associated with lower revenge bedtime procrastination. This supports previous research suggesting that procrastination reflects self-regulation failure (Steel, 2007). The results also suggest that bedtime procrastination may serve as a coping mechanism for stress and autonomy deprivation. Digital media usage further

reinforces delayed sleep behavior. Although self-control is a significant predictor, other factors such as stress, lifestyle, and technology use also contribute.

### **5.1 Findings**

- Moderate levels of self-control and bedtime procrastination
- Significant negative correlation between variables
- Self-control predicts bedtime procrastination
- No gender differences observed

### **5.2 Interpretation and Explanation**

The results indicate that individuals with low self-control are more likely to prioritize short-term rewards over long-term health goals. Revenge bedtime procrastination may also function as emotional compensation for lack of autonomy during the day.

### **5.3 Analysis**

Self-control explains only 23% of the variance, indicating that bedtime procrastination is influenced by multiple factors. This supports a multidimensional psychological framework.

## **6. Conclusion and Implications**

The study concludes that self-control plays a significant role in bedtime procrastination. Enhancing self-regulation may help improve sleep behavior.

### **6.1 Implications**

- Promote sleep hygiene awareness
- Encourage reduced screen time at night
- Develop self-control training programs
- Implement time-management strategies

### **6.2 Limitations**

- Small sample size
- Convenience sampling
- Self-report bias
- Cross-sectional design
- Lack of objective sleep measures

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