


## Reducing Laziness in Learning: A Review

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### **Abstract**

*Most individuals struggle with laziness. Failure, neglect, and other undesirable outcomes can result from laziness. Laziness, especially among students, may undoubtedly interfere with their learning efforts. The purpose of this study is to find techniques to reduce laziness in learning activities. This study used a semi-systematic review with ERIC as the journal database of choice. After doing a search in a variety of publications, 14 papers related to the topic of research were found. Laziness is said to be induced by both internal and external influences. According to the findings of this study, in order to reduce laziness, it is necessary to have self-awareness, facilities, and inspiration from others, such as teachers and parents.*

**Keywords:** laziness; learning; student

## Mengurangi Kemalasan dalam Belajar: Kajian Pustaka

### **Abstrak**

Kemalasan adalah masalah bagi kebanyakan orang. Kemalasan dapat menyebabkan kegagalan, kelalaian, dan hal-hal negatif lainnya. Apalagi bagi anak sekolah, kemalasan tentu bisa mengganggu kegiatan belajarnya. Penelitian ini bertujuan untuk menemukan cara mengurangi kemalasan dalam kegiatan belajar. Penelitian ini menggunakan semi-sistematis review dengan ERIC sebagai database jurnal pilihan. Setelah melakukan penelusuran di berbagai publikasi, ditemukan 14 makalah yang berkaitan dengan topik penelitian. Kemalasan dikatakan disebabkan oleh pengaruh internal dan eksternal. Menurut temuan penelitian ini, untuk mengurangi rasa malas perlu adanya kesadaran diri, fasilitas, dan inspirasi dari orang lain, seperti guru dan orang tua.

**Kata kunci:** kemalasan; belajar; siswa

## 1. Introduction

Laziness is very common among teens recently. They spend the most of their time doing unproductive things. For example, surfing through social media or lying in bed. It sets off the process of becoming a slacker. Understanding unemployment as a kind of laziness shifts the attention away from the perceived harm unemployment poses to society, instead putting the onus on the individual (Madsen, 2018). They must understand that if they have time and can make it highly beneficial, it might be referred to as self-reward. When individuals have a misunderstanding about self-reward, it becomes one of the factors that contribute to laziness.

One of the most common forms of laziness among teens is a lack of motivation to study. They enjoy school, but what they enjoy most is spending time with their friends rather than studying. According to polls, the majority of individuals in Eurasia and North America want to put off completing their jobs. So that it may be noted whether students who are unable to overcome the problem of procrastination on their assignment face more organizational and psychological problems than working individuals. Besides, the survey also proves that most of student also tend to postpone the initial step in carrying out some academic activities (Dautov, 2020). As a result, the primary cause of lazy is the failure to complete planned duties on time. External and internal variables also influence laziness. External variables include the effect of an adverse environment, a lack of enthusiasm in studying, and occasionally a lack of understanding of the aims. Internal reasons include a bored-feeling to accomplish anything, fail, and become dissatisfied. This will have an indirect effect on cognitive patterns, leading to laziness.

As a result of the aforementioned issues, we must address the issue of academic laziness. To begin with, everyone should understand that laziness is harmful and may damage everything. They can then begin to cope with their laziness. There are numerous methods that can assist us in coping with laziness, such as developing a plan, which can assist us in determining which of our priorities is the most important. The second method is to maintain a peaceful, relaxing atmosphere while avoiding making it a burden. And the third method is to begin to resist being swayed by a circle of slackers. Furthermore, in order to reduce laziness, extrinsic motivation must be provided. The instructor may condition extrinsic motivation by doing things like delivering comments and presents (Nisa, 2013). Furthermore, we must train ourselves to be disciplined, to set a goal, then a target, and to not put off work. If everything has been completed, begin looking for new business' in order to grow ourselves into productive and dedicated individuals. Furthermore, motivation is critical in learning. As a result, motivating pupils can assist them in becoming effective members of society (Nisa, 2013). One of the strategies to avoiding relapse into laziness is to never put off work and to constantly prioritize tasks that must be accomplished.

The purpose of this research is to examine various publications concerning laziness in learning that were published between 2009 and 2020. This review focused on ways to prevent learning laziness. Furthermore, several difficulties encountered in reducing laziness are investigated. If there are hurdles to overcoming laziness, there are also strategies to overcome them, which are the emphasis of this study.

## 2. Method

This study was conducted by compiling a number of research pieces from reliable sources. This study was done in two stages. The first step is to do a search in electronic databases such as Science Direct and Google Scholar. We utilize the terms "Laziness" and "Reduce Laziness" for collecting data. Then it was filtered down to more particular data using the criteria of scientific papers published between 2009 and 2020. Following that, thematic analyses are carried out to identify the topic and explain components of the literature that are relevant to the discussion and research aims. It found 67 publications throughout the search, however only 14 of them met the requirements. Then descriptive analysis was performed on all scientific papers that met our requirements.

### 3. Result and Discuss

Based on the criteria, 14 scientific articles were analyzed to describe the method and challenges of reducing laziness in learning. Table 1 provides a summary of the scientific papers that met the requirements.

**Table 1.** Summary of Matrix

No	Title	Way to Reduce	Challenges
1	The Selective Laziness of Reasoning	Conceptualizing (When thinking produces contentions for one's position, it is consequently in a circumstance in which it concurs with the contention's decision.)	Participants evaluate an argument whose conclusion they agree with they tend to be neither critical.
2	Procrastination and Laziness Rates Among Students with Different Academic Performance as an Organizational Problem	<ol style="list-style-type: none"> <li>1. Distinguishing the levels and reasons for lethargy and tarrying for understudies with various scholarly execution rates.</li> <li>2. Applied while shaping the essential states of setting assignments and giving the important devices for tackling them.</li> </ol>	<ol style="list-style-type: none"> <li>1. Understudies with low scholastic execution show variable, be that as it may, for the most part high affinity for sluggishness, which forestalls them from working on their grades.</li> <li>2. Understudy to defer the movement, however at that point continue it effectively before the cutoff time.</li> <li>3. Low performing understudies name the absence of interest to the substance or movement itself as the primary driver of apathy.</li> <li>4. "Character attributes" turns into the significant reason for lingering.</li> </ol>
3	The Conception of Laziness and the Characterisation of Others as Lazy	"Another work ethic"built on the want to develop and get to the next level.	An individual doesn't try applying herself in doing a particular errand or action.
4	Study of The Lazy Nature of Physics Students Using The Quadratic Optimal Control Method	<ol style="list-style-type: none"> <li>1. Parents motivation.</li> <li>2. Comfortable learning environment.</li> <li>3. Improvement in worship.</li> <li>4. Supportive learning colleagues.</li> <li>5. Give the students the recommendation to apply the value of controller their daily lives.</li> </ol>	<ol style="list-style-type: none"> <li>1. The temptation to use social media.</li> <li>2. The density of activities on campus.</li> <li>3. Dating with boy or girlfriend.</li> <li>4. Uncomfortable classroom environment</li> <li>5. Inadequate infrastructure</li> </ol>
5	Analysis of the Factors Causing Lazy Students to Study Using the ELECTRE	Improving the teaching and learning process.	Body condition, no inspiration to advance inside, not having the right companions, low scholarly

No	Title	Way to Reduce	Challenges
	II Algorithm.		qualities, significant degrees of understudy pressure, issues with the family, wrong majors, no school aims, etc.
6	Does social media breed learner laziness?	Good and proper use of social media.	Understudies started watching the film rather than perusing either the allotted book or the concentrate on notes.
7	Increasing Students' Motivation to Learn at Tertiary Educational Institutions	The best kind of inspiration (intentions) that prompts the most noteworthy aftereffects of instructive exercises is the interest during the time spent comprehension and obtaining of capability, and subsequently it is alluring to endeavor to deal with such changes in content and showing strategies, supporting understudies' advantage.	-
8	Limited not lazy: a quasi-experimental secondary analysis of evidence quality evaluations by those who hold implausible beliefs	-	It isn't sluggishness that separates the individuals who accept impossible cases from the people who don't.
9	Organizational culture and the effectiveness of laziness on inertia and performance of sports and youth ministry	-	When laziness occurs in the organization, people with all their abilities and capabilities may, at the first opportunity, go under work, project responsibilities and generally disrupt things that also affect the overall performance of the organization.
10.	“Just try harder and you will shine”: A Study of 20 Lazy Children	his paper will prompt a more noteworthy consciousness of the need to look past the lethargic kid name, and a more profound comprehension of the scope of hardships that might represent a youngster's low degree of inspiration for learning.	Low of motivation from their parents and teachers in their learning activities.
11	Are Academic Struggles the Cause of a Learning	Struggles on the academic process or in their learning activities.	Learning inabilities are not prone to be because of absence of inspiration.

No	Title	Way to Reduce	Challenges
	Disability or Laziness ?		Indeed, research demonstrates that understudies who have learning incapacities are an aftereffect of both natural and ecological elements.
12	The Utilization Of Information Technology Application, Lazy-Assculture, Sedentary Lifestayle, And Consumptive Behavior Of Villagers	<p>(1) Facilities given by the information technology development.</p> <p>(2) Adds to fortifying stationary way of life - described with restricted proactive tasks of eyes and finger, by entering click and share.</p> <p>(3) The effective activity (Michelle Jones, et al, 2020) taken in bringing down the lethargic ass culture (to make individuals more dynamic) doesn't generally apply beneficial outcome. The Characterized with the decreasing development of critical thinking skill and the limited human movement. activity taken to be sure can smother the improvement of stationary way of life.</p> <p>Described with the diminishing advancement of decisive reasoning ability and restricted human development.</p>	Characterized with the decreasing development of critical thinking skill and the limited human movement.
13	Not stupid, but lazy? Psychological benefits of disruptive classroom behavior from an attributional perspective	<p>(1) Low achieving student's showing troublesome conduct will profit from positive friend.</p> <p>(2) Problematic conduct can sserve as a method for low accomplishing understudies to bring out absence of exertion attributions.</p> <p>(3) Being reproved by the instructor before peer.</p> <p>(4) Supporting them in furnishing understudies with dominance objective</p>	<p>(1) Regarding how to oversee discipline issues in the homeroom.</p> <p>(2) Issue conduct or understudy trouble making, which incorporates to dis rupting the fow of homeroom communications.</p> <p>(3) Issue conduct causes ow accomplishment by keeping understudies from focusing on the educator and by restricting understudy's chances to advance so tey</p>

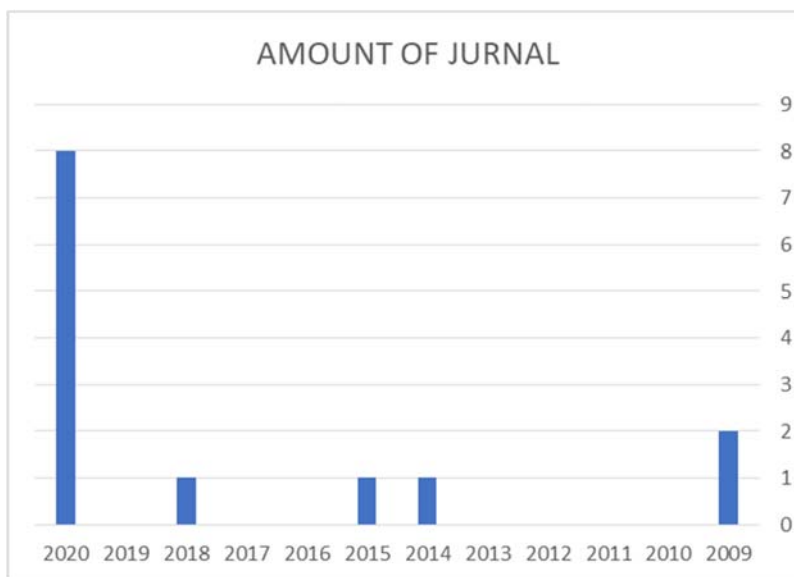
No	Title	Way to Reduce	Challenges
		situated learn in conditions, or executing programs pointed toward encouraging understudy's confidence are likely strides toward lessening understudy's requirement for public absence of exertion attributions.	neglect to secure scholastic abilities, in this manner hindering their scholarly competence straightforwardly.
14	From "Slow" to "Being 'Lazy' and Slowing Down" and the Impact on Student Learning	<p>(1) To reconcile with not doing or being useful, to de-honor the requirement for an outcome, and to decenter the brain as the essential wellspring of information to account for the body and soul.</p> <p>(2) Curricular preparation and teaching method, and the ensuing influence those changes had on understudy learning, we planned a contextual analysis to gauge the effect of the seminar on understudy learning.</p> <p>(3) Such a game-plan conflicts with the thoughtful "center around completeness, amalgamation, and selfinformation"</p>	<p>(1) Study doesn't define an immediate boundary between proficient turn of events and understudy learning, it features how such exercises can prompt philosophical and instructive changes in instructing that might effectsly affect understudy learning.</p> <p>(2) "center around an outcome with the progression of time" (Shahjahan and Mayuzumi 2016). Hence, to survey understudy learning toward the finish of a course honors the craving for substantial execution inside a set time. Realistically speaking, conventional appraisals of understudy learning include "separating complex peculiarities into discrete and depersonalized parts that can be estimated and judged").</p>

Figure 1 illustrates the distribution of research publications throughout period. It shows that laziness in learning has grown overall throughout the years (2009-2020), especially in 2020. There was a big rise that year. According to the findings, there is a strong desire among academics to examine student learning laziness.

After analyzing numerous journals, it was determined the approach to minimize laziness and certain obstacles faced in decreasing laziness in this opportunity. Laziness is defined as a person who does not do a high level of work and other activities thus it is necessary to develop a new work ethic above the desire to arise and grow (Madsen, 2018a). Critical thinking is not an exception to the pattern of laziness. We might eliminate laziness in critical thinking by brainstorming with someone else. However, when people analyze arguments whose conclusions they agree with, they tend to be less critical (Trouche et al., 2016).

The most essential factor here, aside from human laziness in critical thinking, is laziness among the pupils. Students that are lazy are more likely to be careless, have difficulties following courses in school, and are less likely to learn. Laziness, as a result, must be reduced for the sake of the learner. There are several obstacles to face when it comes to eliminating laziness. Many elements contribute to laziness, according to the problems in the review article.

Some problems that can devour a student's academics are discipline problems in the classroom, problem behavior or student misbehavior, which can result in major achievement by preventing students from paying attention to teachers and limiting students' opportunities to learn that are so shallow in failing to acquire academic skills, thus directly hindering their academics ability. As a result, low and disruptive student conduct can have a favorable impact on student interactions with peers. And assisting them in providing students with mastery goal-oriented learning settings or introducing programs focused at promoting student self-esteem are potential steps toward minimizing kids' need for public lack of effort attributions.



**Figure 1.** Distribution of Research Articles Over the Years

The first source of difficulty is within the student, which includes kids with poor academic performance, students who postpone activities, low-performing students who express a lack of interest in the topic or activity, and personality factors. The best approach to prevent laziness is to identify levels and reasons of laziness and delay in students with varying degrees of academic performance, which may be used when it establishes the basic conditions of task management and gives the tools required to finish it (Denis, 2020).

The following step is motivation. Motivation is essential for undertaking anything, including learning tasks. However, many students lack drive, causing them to become sluggish in their tasks, particularly studying activities. Laziness characteristics, as represented in teacher comments such as "just try harder and you will shine," may conceal specific cognitive, learning, attentional, or emotional issues that may explain poor motivation in some children (Gilmore & Boulton-Lewis, 2020).



In this instance, parents and teachers can play an essential role in addressing the motivational difficulty. They must provide greater encouragement to youngsters in order to create motivation. We don't have to underestimate our children's abilities as parents or instructors. They are born with unique characteristics and abilities that must be recognized. To develop motivation in children, parents and teachers must be more conscious of the need to go beyond the lazy child label, as well as have a deeper grasp of the spectrum of issues that may account for a child's low level of enthusiasm for learning (Gilmore & Boulton-Lewis, 2020).

Laziness is unlikely to be caused by a lack of motivation. Other factors might influence the formation of laziness. According to study, students with learning impairments or laziness are the consequence of both biological and environmental causes (Delaney et al., 2020). Students with cognitive impairments, such as laziness, have brains that are physically and functionally different from those without learning disabilities, according to neuroimaging. Family-related biological and environmental variables also enhance the likelihood of children acquiring learning difficulties. According to research, certain genes are connected to various learning difficulties (Delaney et al., 2015). As a result, in order to reduce laziness, students must boost their effort in learning activities. Parents and instructors can also assist kids lessen their laziness by motivating them. Children with learning impairments, such as laziness, do not lack effort; they just seek support (Delaney et al., 2015).

In order to eliminate laziness, parents and teachers must work together to motivate kids. Apart from that, with a comfortable learning atmosphere, improved worship, and friendly learning colleagues, students are advised to implement the value of controller in their daily life (Kukuh & Rachim, 2020), and improving the teaching and learning process (Sari et al., 2019). There is also social media, where kids would rather be on Facebook, Instagram, YouTube, and so on than open their homework. They also prefer to surf and browse the web (Solutions, 2022). To overcome that thing, teachers and parents need to educate students to use social media properly.

Based on an analysis of 14 publications that meet the requirements, it is clear that there are numerous problems in learning activities, such as student laziness. There are several elements that contribute to laziness and must be addressed in order for learning activities to be effective. It did not avoid the hurdles in terms of how to minimize. The task of lowering laziness must be met front on so that people can overcome their own laziness.

## 4. Conclusion

The purpose of this study is to conduct a literature evaluation on how to eliminate laziness. According to the findings of a literature study, laziness must be eliminated since it has a negative influence on both the individual and others around them. Several situations were seen in learning activities, including sluggish learning, a lack of enthusiasm to continue, a lack of time management, and many more. It is difficult to reduce laziness. Some efforts must be made to reduce laziness in order to establish a favorable and effective learning environment. According to the findings of the literature review, in order to minimize laziness, many supports are required, both from themselves and from others around them, such as their parents and instructors. In order to decrease laziness, they



must form a strong team. So that laziness may be removed and learning tasks can be effectively carried out.

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