

ABSTRACT

Procrastination and overthinking are two psychological issues frequently experienced by university students and have a significant impact on academic performance. Procrastination causes delays in task completion, while overthinking triggers excessive anxiety that hinders decision-making. This study aims to understand the correlation between these two issues and to seek effective solutions to address them. The research method used is a mixed-method approach, combining both quantitative and qualitative techniques to harness the strengths of both. Based on the research findings, it was concluded that there is a cyclical relationship between procrastination and overthinking. As a solution, an interactive digital platform was designed to present educational content in a friendly and enjoyable format. The outcome of this design is expected to serve as an alternative learning medium that resonates more closely with the realities faced by students, and that fosters awareness and behavioral change in a more positive direction.

Keywords: *Educational Website, Procrastination, Overthinking, Academic Performance, University Students*