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*Alina Kałużna-Wielobób*¹

Department of Psychology, Pedagogical University, Krakow, Poland

Student Time Perspective in the Context of Their Preferred Values

Abstract

The aim of the thesis is to research the connections between time perspective and values of university students. The following investigative methods were used: The Zimbardo Time Perspective Inventory (ZTPI) and Schwartz's Portraits Value Questionnaire (PVQ-21). The group consisted of 127 students of Pedagogical University in Cracow. The results obtained show connections between temporal orientation and the values esteemed by the students. A positive correlation was found between Present-Hedonistic scale and following values: Hedonism, Stimulation and Self-direction, and negative correlation with Benevolence and Tradition. The Future perspective was positively associated with Conformity, Tradition, Achievements, Self-direction and Universalism, and negatively with Hedonism. Past-Positive is positively connected with Conformity and Tradition. Past-Negative – positively with Power and negatively with Stimulation and Self-direction.

Keywords: time perspective, temporal orientation, values

Perspektywy czasowe studentów w kontekście cenionych przez nich wartości

Streszczenie

Prezentowane badanie miało na celu uzyskanie odpowiedzi na pytanie, czy istnieją i jakie są związki między perspektywami czasowymi przyjmowanymi przez studentów a cenionymi przez nich wartościami. W badaniu posłużono się następującymi metodami: Kwestionariuszem Postrzegania Czasu Zimbardo (ZTPI) oraz Kwestionariuszem Portretowym Wartości Schwarza (PVQ-21). W badaniu wzięło udział 127 studentów Uniwersytetu Pedagogicznego w Krakowie. Uzyskane wyniki pokazały, że istnieją związki między wartościami cenionymi przez studentów a przyjmowanymi przez nich perspektywami czasowymi. Stwierdzono pozytywne korelacje między terażniejszą-hedonistyczną perspektywą czasową a następującymi wartościami: hedonizmem, stymulacją i samosterownością oraz negatywne z życzliwością i tradycją. Perspektywa przyszłościowa jest pozytywnie związana z konformizmem, tradycją, osiągnięciami, samosterownością i uniwersalizmem, a negatywnie z hedonizmem. Perspektywa przeszła-pozytywna jest pozytywnie skorelowana

¹ Address for correspondence: Alina Kałużna-Wielobób, Department of Basic Research in Psychology, Department of Psychology, Pedagogical University, Podchorążych 2, 30-084 Krakow, Poland. Email: akaluzna@up.krakow.pl

z konformizmem i tradycją, a przeszła-negatywna – pozytywnie z władzą, a negatywnie ze stymulacją i samosterownością.

Słowa kluczowe: perspektywa czasowa, orientacja temporalna, wartości

Introduction

Basic time perspective

One of the basic conditions pertaining to human life (and the way of its experiencing) is that it happens in time. From the point of view of psychology, an individual's subjective experience of "being in time" is an especially interesting issue. The primary issue here is cognitive representations of three temporal areas: past, present and future, or more precisely, representations of self in those three temporal areas – time perspective (Łukaszewski, 1983; Hornik & Zakay, 1996; Boniwell & Zimbardo, 2004/2007). Individual differences in experiencing oneself in time are particularly interesting. It is one of the essential issues of temporal psychology. The objective of the research presented in the article was to show whether individual time perspectives are connected to values and if so, to what values. The answer to the question: "What values kept in high regard (and what in low regard) are connected with being focused on a given time perspective?"

The temporal perspective refers to the level of a person's concentration on a given time dimension, the amount of the person's attention directed to past memories, the present and future planning and prediction. It shows proportion of cognitive representation presence for past, present and future in the person's mind and the power of their influence on the person's actions. We could describe such power as regulatory power of individual time categories (Łukaszewski, 1983; Hornik & Zakay, 1996; Nosal, 1993, 2002; Boniwell & Zimbardo, 2004/2007; Zimbardo & Boyd, 2008/2009). It pertains to directing thoughts, emotions and actions to objects, states and experiences situated in the past, present or future (Zaleski, 1988). The proportions of individual time dimension presence in thinking, experiencing and acting of the person are valid. Some people's lives are dominated by a single time perspective. There are people, whose present life focuses around cultivating memories from the past. Others live in the present, not giving enough attention to the objectives they might reach in the future. Others still, are so focused on systematic and timely execution of tasks connected to attaining future objectives, that they are unable to be „here and now” and enjoy the present moment, i.e. sensual impressions during a walk or contact with their friends. Single time perspective domination may even be a person's permanent disposition (Boniwell & Zimbardo, 2004/2007; Zimbardo & Boyd, 2008/2009). Łukaszewski also writes about fixation on a specific time dimension (Łukaszewski, 1983, 1984). The dominant time period becomes a frame of reference in predicting and evaluating events, moreover, it directs actions (Nosal & Bajcar, 1999). With other people, the proportions between perspectives relating to "things that passed", "things that are" and "things that will

be” may be more balanced. The most optimal pattern is, of course, switching from one time perspective to another, depending on the situational needs (Boniwell & Zimbardo, 2004/2007; Zimbardo & Boyd, 2008/2009). We may cultivate tradition and recall common history during family meetings (past perspective), relax on holidays and enjoy the presence of our friends who we are spending time with (present perspective), but at work we may be focused on timely execution of tasks and systematic achievement of life objectives (future perspective). There are people with balanced time perspectives. Others may learn flexible switching from one perspective to another depending on the needs of the situation. Presently adopted time perspective may depend on the mood, as proved by the Klapproth (2011) experiment.

Time perspective also has a value aspect (positive-negative), which is connected with emotional reaction patterns connected with thinking about a given temporal space (Boniwell & Zimbardo, 2004/2007; Nosal, 2002; Zimbardo & Boyd, 1999). A person focused on the past may affectionately and nostalgically remember wonderful moments from childhood or the thrill of their first love. Another “past person” may remember the hurts and failures from the past, which stop him/her from feeling happy in present life. Emotional undertone of temporal orientation refers to all time dimensions.

Zimbardo and Boyd (1999, 2008/2009) differentiate six basic time perspectives, all featured in The Zimbardo Time Perspective Inventory (ZTPI). The perspectives relate to a person’s degree of concentration on a given time space, the amount of attention a given person directs to past memories, present and future plans and predictions, and the value aspect (positive-negative). Following perspectives were differentiated (Zimbardo & Boyd, 2008/2009): two pertaining to the past, but characterized by a different attitude to own history: (1) Past-Positive – including a positive attitude to past and (2) Past-Negative – related to a negative attitude to own past. Two present perspectives: (3) Present-Hedonistic relates to focusing on present pleasures and enjoying them and the (4) Present-Fatalistic perspective connected with the feeling of inability to influence your own life, which leads to escaping responsibility and concentrating on present pleasures. (5) Future perspective relates to future focus and future planning. A Transcendental perspective (6) was differentiated, relating to time after death, which will not be touched upon in this article.

Analysing the content of questions which make up the ZTPI scale, a person with high results in negative scale of Past perspective devotes much attention to negative memories and negative evaluation of the past, which may make it difficult to enjoy the present. The person focuses mainly on negative past memories and negative emotions connected with them. People obtaining high results in negative Past scale are, among others, more depressive, aggressive, uneasy and shy, they are less happy friendly and conscientious (Zimbardo & Boyd, 2008/2009). Whereas Positive-Past perspective is connected with keeping positive memories. It relates to pleasant, sentimental and nostalgic views to own past. People with high results

in that scale attach much importance to preservation of friend and family relations and to cultivating tradition (Zimbardo & Boyd, 2008/2009; Boniwell & Zimbardo, 2004/2007). People with high results on this scale often have high self-esteem and happiness and they tend to be confident. They are rarely depressed. If this time orientation is dominant (it is not balanced with present and future orientations), it may be connected with conservatism, reluctance to change and lack of openness to new experiences (Zimbardo & Boyd, 2008/2009; Boniwell & Zimbardo, 2004/2007).

Present-Hedonistic perspective is connected with the attitude to enjoy the moment, especially with the search for pleasure and stimulation and acting on a momentary impulse. It corresponds with hedonism described by Nosal (1993) as focusing on present tasks, maximizing present pleasure – the hedonistic attitude to reality. People who obtain high results on the Present-Hedonistic scale, especially if it is the dominant perspective for them, live the moment, value sensual pleasures and intense actions, seek sensations and are open to new friendships and sexual adventures. They are frequently creative, can enjoy life, have much energy and often many friends. It is also frequent that they do not devote enough attention to systematic work and act impulsively. They are often unpunctual or execute tasks untimely, which may cause problems at school, at the university or later, in professional life. The Present-Fatalistic perspective is connected with the feeling of lack of influence on own life and lack of possibility to decide about own future, which pushes the person towards focusing on current pleasures, which yet may have the character of an escape – an escape from taking responsibility for their own future. High results in this scale are often connected with higher tendency for depression, higher fear and aggression levels. The questionnaire does not yet include any perspective focused on the present, which is based around conscious an authentic presence “here and now”. A perspective, which would not tend towards “being absorbed into pleasure”, but one that would be connected with a high level of consciousness and situation presence, regardless of its stimulation value or the level of momentary pleasure. In the characteristics of positive possibilities for present characteristics (Zimbardo & Boyd, 2008/2009) we may find references to such quality, it is not however, differentiated as a separate ZTPI scale. But according to Boniwell and Zimbardo (2004/2007) – joy in everyday life and spontaneous freshness in experiencing reality, play a positive role in people with balanced time perspective. A review of attitudes stressing different aspects of using the present and the present moment can be found in the work of Sobol-Kwapińska (2007).

ZTPI Future perspective scale (Zimbardo & Boyd, 2008/2009) is connected with setting objectives and planning, with present life focused on these activities. Future focus, unbalanced with other time perspective, may be connected with chasing success, which makes the person unable to be present “here and now”. A person then falls into a time crunch (Zimbardo, 2001). According to Gleick (1999/2003), a constant acceleration is characteristic for our way of life. Klamut (2002) claims that future temporal orientation is connected with the sensation of a meaningful life when the person can substantiate the future in present actions. Research of Cycoń

and Zaleski (1998) proved that people who rarely plan distant future, experience the feeling of despair more often, they are characterized by weaker emotional balance and weaker sense of meaningful life in comparison to people who frequently make distant plans. Future-oriented people act in accordance with their plan, sometimes even “forcing” themselves, without regard for their own emotions or feelings. They keep executing plans and moving towards their assumed objectives. They are systematic, conscientious, punctual and finish the tasks they started. Thanks to this, they frequently succeed in school, university, and in their profession, which is important to them because they are frequently ambitious people, with a high need of achievement (Zimbardo & Boyd, 2008/2009). If this perspective is not balanced by others, they also suffer high personal costs such as: stress, tension, fear of failure and difficulty in accepting their own weaknesses. Too strong future orientation may also be connected with minimizing the need for social bonds and weak roots in community and tradition.

Each of the orientations (if it is not balanced by other perspectives) carries with it certain risks. The people focused on the present try to enjoy life, enjoy the current moment, but after a while they realize that time has passed and their goals remain unfulfilled. People focused on the future pursue established goals in a disciplined manner, not taking their own emotions or current needs into consideration, achieve high personal goals “by force”, and upon reaching them, they cannot enjoy them. Being “now”, present in the situation, can be contrasted with waiting for something that will happen or with a feeling of regret for the past.

“The optimal mix of perspectives” cited by Zimbardo (Zimbardo & Boyd, 2008/2009) is: high Past-Positive, moderately high prospective (future-oriented), moderately high present-hedonistic and low negative: Past and Fatalistic present. The most adaptive and balanced Time Perspective (Boniwell & Zimbardo, 2004/2007; Zimbardo & Boyd, 2008/2009) is characterized by positive assessment of the past and the future, flexibility and the ability to switch the perspective of time, depending on the needs of the situation. Also by planning the future, but in a non-rigid way. Taking into account long-term goals and plans in current activities, being at the same time present in “here and now” and enjoying the activities aimed at goals. Such people can also connect the past, present and future in a meaningful whole (Boniwell & Zimbardo, 2004/2007; Zimbardo & Boyd, 2008/2009).

Time perspective versus values

It seems that an important factor influencing the temporal perspective is values. Temporal orientation appears to be associated more closely with the values actually held than with the declared ones. For this reason, the research into values used the Schwartz questionnaire (PVQ), which examines the values directly in the form of declared values, but using the descriptions of people putting certain values into practice (the name of the value does not appear in the questions) to whom the tested person compares oneself.

Schwartz’s concept refers to the values which are subjectively important to many people. Values according to Schwartz (Schwartz et al., 2001; Cieciuch &

Zalewski, 2011) can be characterized in the form of six properties: 1) Values are beliefs associated with emotions. 2) Values are a motivational construct, which refers to the desired goals people struggle to attain. 3) They go beyond single actions and situations, by virtue of which they differ from the norms and attitudes typically limited to specific situations. 4) They usually function as standards of evaluations and choices of actions, though are not necessarily perceived in everyday life. 5) They are arranged hierarchically in a relatively permanent system of preferences. 6) The actions are not directed by single preferences, but by the collective significance of values (Schwartz et al., 2001; Cieciuch & Zalewski, 2011).

In the Schwartz's concept 10 values were distinguished: 1) self-direction – independence in thought and action, creativity, freedom, autonomous choice of one's own purposes; 2) stimulation – a search for novelty, the pursuit of an exciting and varied life; 3) hedonism – the pursuit of pleasure, the satisfaction of one's – mostly sensual – needs; 4) achievements – personal success, achieved by demonstration of competences according to social standards; 5) power – social status and prestige, control or authority over people and resources; 6) security – safety, harmony, and stability of society, of relationships, and of self; 7) conformity – limiting our aspirations and actions that could harm others or violate social norms; obedience, self-discipline, respect for the elderly; 8) tradition – the acceptance of and respect for the customs and ideas of one's own culture or religion; 9) benevolence – reinforcing the prosperity of those with whom one is in frequent personal contact (the 'in-group'); 10) universalism – understanding, appreciation, tolerance, and protection of the well-being of all human beings and environment (Schwartz, 2010; Schwartz et al., 2001; Berzonsky et al., 2011; Cieciuch & Zalewski, 2011; Cieciuch & Harasimczuk, 2010).

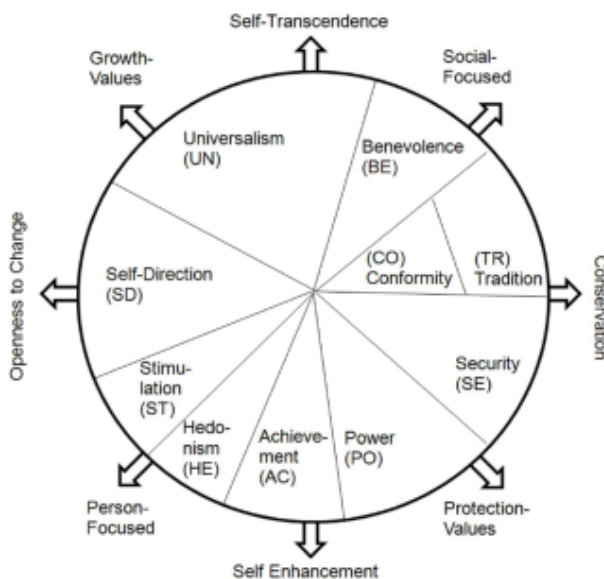


Fig. 1. The Value Circle (structure of value types by Schwartz)

Source: Strack & Dobewall (2012)

The values depicted on the Circle constitute a continuum. The graphic image of a circle shows two rules. Firstly, the principle of relationship – closeness of content in adjacent values that are similar to each other and usually their co-accomplishment is possible. (e.g., stimulation is adjacent to hedonism on one side and on the other side borders on self-direction). Implementation of adjacent values in a single action is possible because they are based on similar motivation. Secondly, the principle of the opposite values conflict. The implementation of the opposite values in a single action is impossible, because it leads to contradictory psychological or social consequences (Schwartz et al., 2001; Berzonsky, 2011; Cieciuch & Zalewski, 2011; Strack & Dobewall, 2012).

The aim of the thesis is to research the connections between time perspective, values and well-being of university students. Results obtained may have application value. A better understanding, what value system is connected with being focused on a given time perspective may provide useful clues for training and individual work with people, who want to work out their optimal time perspective. It would allow to formulate more individual ways of work, taking into account a given person's value system.

Methods

Research Question: Are there connections between temporal orientation (time perspectives) and the values preferred by the individual?

Hypothesis: 1) There are connections between time perspectives and the values, especially universalism, benevolence, conformity and tradition (i.e. social-focused) – positively associated with focusing on positively evaluated past (Past-Positive), whereas negatively associated with focusing on negatively evaluated past (Past-Negative). The hypothesis is based on the characteristics of people obtaining high values in positive Past scale, who are more friendly (than people with low results in that scale) (Zimbardo & Boyd, 2008/2009). People with positive past orientation cultivate tradition, keep close relations with family and friends, i.e. by organizing family meetings (Zimbardo & Boyd, 2008/2009). Additionally, positive past experiences may increase kindness towards other people.

2) Hedonism and stimulation are in a positive relationship with hedonistic present time perspective. In accordance with Zimbardo and Boyd characteristics (2008/2009) Present-Hedonistic perspective is connected with focus on enjoying the present moment, and, more specifically, searching for pleasure and excitement (stimulation).

3) High evaluation and focus on achievements is positively associated with the future-oriented perspective. The hypothesis was made on the basis of future-oriented people (Zimbardo & Boyd, 2008/2009), who concentrate on work for future objectives and prizes, frequently giving up current pleasures. The driving forces of the future orientation are frequently ambition and the need of achievements (Zimbardo & Boyd, 2008/2009).

4) Future orientation is positively connected with universalism. The basis of hypothesis formulation is a conclusion, that fulfilling the value of universalism is care for the common good of all people, care for the environmental protection, justice, wisdom and peace. (Schwarz & Rother, 2001) – this requires long term and systematic actions, frequently connected with giving up present gratification for achieving distant objectives, which is characteristic for future orientation.

Research methods

The Zimbardo Time Perspective Inventory (Polish translation)

The questionnaire examines five time perspectives (temporal orientation) discussed at the beginning. It consists of five scales: 1) Past-Negative, 2) Past-Positive, 3) Present-Hedonistic, 4) Present-Fatalistic, and 5) Future (Zimbardo, 2012). It consists of 56 quest items in the form of statements in respect to which the examined individuals ask themselves how much a statement is typical or true for them. Self-assessment is made on a 5-point scale (from 1 – completely false to 5 – very true).

In the study, the Polish translation of the Zimbardo questionnaire published in the Polish translation of the book *The Time Paradox* (Zimbardo & Boyd, 2008/2009, translation: Cybulko & Zieliński) was used.

Polish Version of Schwartz's Portraits Value Questionnaire (PVQ-21)

Portraits Value Questionnaire (PVQ) measures the preference of the 10 types of values (described earlier). PVQ consists of 10 scales: 1) self-direction, 2) stimulation, 3) hedonism, 4) achievements, 5) power, 6) security, 7) conformity, 8) tradition, 9) benevolence, and 10) universalism. PVQ items describe different people in terms of their goals, aspirations and beliefs about what is important in life. They always consist of two sentences. One sentence names mainly the goal, the second one is an additional explanation in specific terms. The subject assesses the degree to which the described person is similar to them on a 6-point scale (from “very much like me” to “totally not like me”. Polish adaptation of a 40- item PVQ version was made by Ciecuch and Zaleski (2011). The validity and reliability parameters, comparable to those from other countries, allow for considering the PVQ as a good tool for individual and group research (Ciecuch & Zaleski, 2011). In this study we used the version of 21-items. Bilsky, Janik, and Schwartz (2011) analysed the Portrait Values Questionnaire shortened (PVQ-21; Schwartz, 2003) data from three rounds of the European Social Survey (2002–2006) “with a focus on the universals in the content of human values and their structural organization” while applying confirmatory multidimensional scaling. They found again, a strong relation of $r = -.65$ between a manually counted number of configuration deviations per country and the country's development index.

Respondents

The study was carried out among 127 students of Pedagogical University in Krakow. Approximately 80% of them were women and 20% were men. 16.5%

of them are studying more than one faculty. All the participants were at the age 18–26 ($M = 20.47$, $SD = 1.33$). Among them 39 admitted that they divide their time between studies and work, of whom 30 had a full-time job and the rest a part-time one. What's more, 31.5% of the participants answered "yes" to the question: "Do you regularly attend some other courses/clubs (sports or other)?" 4 participants did not finish the last questionnaire: PWB.

Results

The relations between the perception of time and personal values have been assessed. Descriptive statistics for all scales used can be found in Table 1. The distribution of most of the variables was relatively close to normal, except one case with very high negative skewness: PVQ – benevolence.

Tab. 1. Descriptive statistics used for all tests

	N	M	SD	Skewness ($SE = .22$)	Kurtosis ($SE = .43$)
ZTPI – Negative Past	127	31.86	7.284	-0.014	-0.606
Hedonistic Present	127	53.47	7.506	-0.206	0.428
Future	127	43.95	7.587	-0.335	0.482
Positive Past	127	31.65	5.78	-0.669	0.391
Fatalistic Present	127	26.14	4.916	-0.327	0.185
PVQ – Universalism	127	13.69	2.662	-0.63	0.644
Benevolence	127	10.15	1.76	-1.199	1.446
Conformity	127	7.38	2.397	-0.119	-0.641
Tradition	127	7.72	2.556	-0.26	-0.746
Security	127	8.28	2.088	-0.331	-0.067
Power	127	7.27	2.29	0.047	-0.536
Achievement	127	8.76	1.966	-0.422	0.427
Hedonism	127	7.84	2.562	-0.196	-0.912
Stimulation	127	7.91	2.382	-0.48	-0.227
Self-direction	127	9.33	1.773	-0.393	-0.482

Except for this scale, all of the others were relatively normal and therefore a classic r-Pearson's correlation was used to assess relationships between the results in the Zimbardo Time Perspective Inventory and values measured by the Schwartz's questionnaire (PVQ-21). The results can be seen in Table 2. Most relationships can be seen in relation to the scale of Present-Hedonistic and Future. In the first scale one can observe a high correlation with Hedonism and the Stimulation and negative correlation with Conformity. Also significantly weaker were associations: negative with Tradition and positive with Self-direction. As far as the Future is concerned, the relationships were generally weaker (the highest correlation is $r = .355$), but frequent and rather one-sided. What turned out to be significant were positive

relationships of the Future with Conformity, Tradition, Achievement, Self-direction and Universalism, and the negative relationships with Hedonism (the corresponding values of r can be found in Tab. 2). With regard to the past, justifying it in positive terms was positively associated with Benevolence and Tradition, whereas seeing it in negative terms was positively associated with power and negatively associated with self-direction and stimulation. There was no relationship between values and Present-Fatalistic scale.

Tab. 2. Pearson's r correlations between scales of Zimbardo Time Perspective Inventory (ZTPI) and Schwartz's Portraits Value Questionnaire (PVQ)

PVQ \ ZTPI	Negative Past	Hedonistic Present	Future	Positive Past	Fatalistic Present
Universalism	.012	-.092	.187*	.164	-.047
Benevolence	.062	.116	.076	.300**	.028
Conformity	.057	-.493**	.355**	-.013	-.106
Tradition	-.096	-.287**	.242**	.322**	-.052
Security	.165	-.155	.059	.128	.148
Power	.181*	.163	-.017	.053	.091
Achievements	.144	.114	.228**	.009	-.019
Hedonism	-.087	.644**	-.333**	.135	.136
Stimulation	-.177*	.585**	.043	.121	-.124
Self-direction	-.218*	.315**	.195*	.081	-.172

** Correlation is significant at the 0.01 level (2-tailed)

Discussion

Time perspectives of respondents were found to be connected to their value system. A strong focus on future-oriented perspective occurred in people who prefer values in different areas of the value circle. Future-oriented people appreciate values both from the self-transcendence group (Universalism) and from the self-enhancement one (Achievement), with emphasis on both the values from the openness group (Self-direction) as well as conservation (Tradition and Conformity). However, it can be noted that obviously the people who appreciate the values from the group of growth (Universalism and Self-direction) have forward-looking attitude that cannot be observed in the group of protection-values.

The hypothesis of a relationship between future-oriented perspective and high appreciation of Universalism (concern for the welfare of all people, care for the environment, justice, wisdom, peace) was confirmed. Universalism turned out to be associated only with future-oriented perspective (not with other perspectives). Thus, people for whom care for the welfare of others and for the global good are most important are future-oriented individuals, setting goals and pursuing them persistently. The results presented are consistent with Milfont and Gouveia results

(2006). Their results show that care for the natural environment is significantly connected with future orientation and acknowledging such values as altruism and care for biosphere.

A positive relationship between future-oriented perspective and Conformity (reducing one's own aspirations and actions that could harm others or violate social norms, obedience, self-discipline, respect for elders) was also found and confirmed. It is the strongest correlation of the future-oriented scale with the values. Subordination of our own desires for the common and social good of other people is also associated with forward-looking attitude. The result seems consistent with other research results (Zimbardo & Boyd, 2008/2009; Epel, Bandura & Zimbardo, 1999), demonstrating that people with high results in the future scale are characterised by higher self-discipline. This discipline manifests in regularity and strong impulse control, also in exhibiting less aggression in interpersonal contacts. During negotiations they are focused on cooperation and a common win, understanding, that long term benefits outweigh the short term ones (Zimbardo & Boyd, 2008/2009).

A positive relationship was also noted between the Future perspective and Tradition. However, those valuing highly conservative values: Adaptation and Tradition – are not only focused on the future, but also have low scores on a Present-Hedonistic scale. That also indicates that people cultivating the values associated with the common good of society (social-focused) are able to submit their own momentary whims to the objectives pursued and are characterized by a higher discipline. One may even risk a hypothesis that this is due to the fact that socially-oriented people are more socialized and therefore follow momentary impulses to a lesser degree and realize their objectives more consistently (for the future).

This is also indicated by the result showing that the only scale negatively correlated with future-oriented perspective is precisely Hedonism, which in turn, as expected, correlates positively with the present hedonistic perspective. This is consistent with the characteristic of strong future-oriented people (Zimbardo & Boyd, 2008/2009), who give up current pleasures for the sake of achieving future objectives. It is also consistent with research results (Zimbardo & Boyd, 2008/2009), showing that people with high results on the future scale are more in control of the impulses and less frequently seek excitement.

Of the closer “person-focused” group also two categories: Self-direction (independence in thought and action, creativity, freedom, autonomous choosing of one's own purposes) and Achievement (personal success, achieved by demonstrating competence according to social standards) are associated with future-oriented perspective. Thus, among the students focused on the future we can distinguish two groups: social-focused and person-focused. Relationship between the level of future orientation and the degree of affirming individual values are shown in Figure 2.

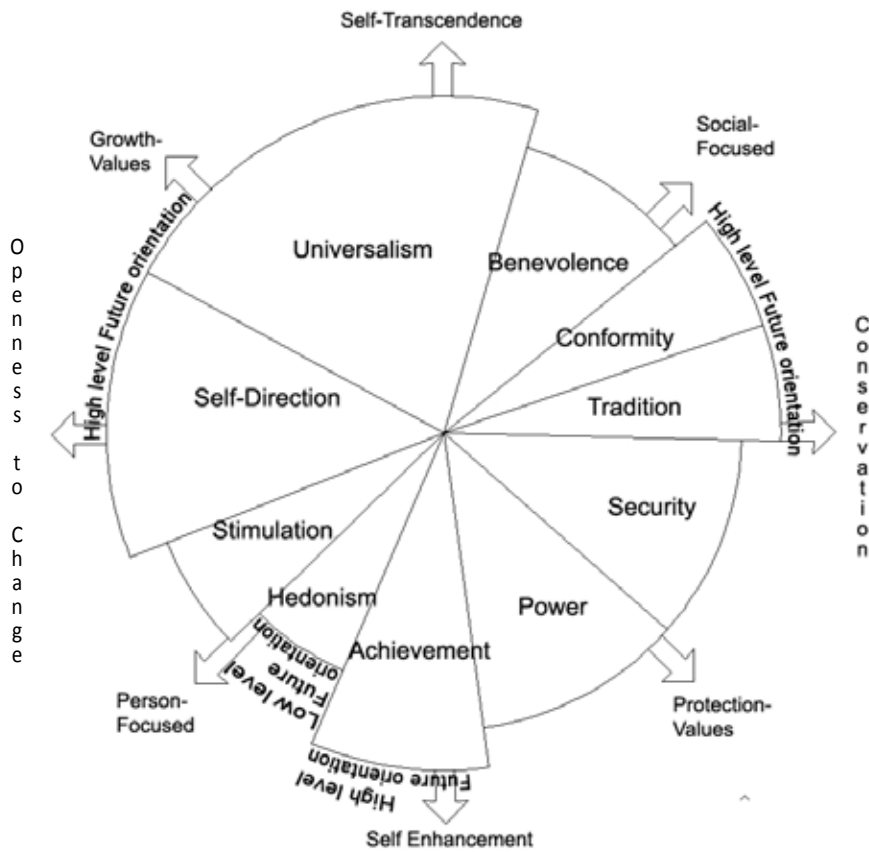


Fig. 2. Values and future perspective. The fragments protruding from the boundaries of the circle (high level future orientation) and fragments placed deeper in the circle (low level future orientation) signify statistically important correlations. Pictures 3, 4 & 5 are marked in the same way

It would be worthwhile to examine whether the lack of relationship with the scales of autonomy and positive relations is not due to the fact that among the future-oriented people are individuals oriented both towards social-focused values (it is worth checking whether this subgroup does not get higher results on the scale of positive relations) and person-focused values (one could check whether they do not have higher results on the scale of autonomy). Relationships of future-oriented perspective with as many as four scales of well-being indicate its importance for optimal pattern of time perspective (Zimbardo & Boyd, 2008/2009).

According to Zimbardo and Boyd (2008/2009) the model in which one perspective dominates the whole life of a person is usually maladaptive. For example, people focused only on the future often do not know how to enjoy the present moment or how to be present in the “now”. For such people, it could prove useful to consider the dilemma: what matters more, the aim or the road to it? If

they cannot enjoy the road to the aim, will they be able to enjoy it when the goal is reached? It is worth prompting them to wonder how to achieve goals, to change the attitude of "Today is invalid, because I'm waiting for tomorrow, when the goal is achieved" into the attitude of "Today makes sense, because it is the way to the goal, it is a part of that goal".

The hypothesis of a positive relationship between Hedonism, Stimulation and Present-Hedonistic perspective was confirmed. This is coherent with data presented by Zimbardo and Boyd (2008/2009), according to which, people with high results on the Present-Hedonism scale more frequently look for excitement and novelty and are more drawn to hazard games. The Perspective-Hedonistic is also positively related with Self-direction. However, for those who appreciate most the hedonistic, the Present-Hedonistic perspective is the only time perspective with which we can find positive relationships. Thus, among a significant part of people for whom hedonistic values are the most important, there is a lack of balance of focus on present pleasures, positive past and future perspective. With respect to forward-looking (future) perspective, the relationship is plainly negative. Therefore, a large number of cases of people who highly appreciate hedonistic values are affected with lack of balance, reflected by the fact that they "live in the moment" too often (following the momentary impulses and seeking immediate pleasure), but fail to meet deadlines, as a result of which they fail to achieve their objectives (which requires the involvement of a forward-looking perspective). It seems probable that it is them who most often have problems with meeting the deadlines – at school, at university and at work. This issue can be helpful in working with students who perform badly at school or university due to lack of systematic work. This may prove to be important in the management of employees who lack the discipline to complete assigned tasks timely and who lack determination to achieve goals. It could help people (like pupils, students, employees) who face hardships resulting from excessive focus on Present-Hedonistic and want to change that. It is certain that psychoeducation concerning the pros and cons of different time perspectives will be useful, and in particular showing effects imbalance between the perspectives as well as presenting an adaptive pattern of balanced time perspective. In case of these individuals training in time management methods can be useful. However, if the dominance of Present-Hedonistic perspective is related to the value system of a person who appreciates most precisely hedonistic values, this work may prove to be ineffective if work with person's professed values is excluded. Perhaps to activate the ability to consistently achieve the objectives (forward-looking perspective), the person will have to discover what they really care about and set it as a goal. Here it may be useful to work with day-dreams. Working with dreams can be helpful because, according to professional literature (Levinson et al., 1978, 1996; Oleś, 2000; Obuchowski, 1993; Łukaszewski, 1984; Singer, 1975/1980, 1976) and opinions of respondents (Kałużna-Wielobób, 2011), dreams perform many positive functions, such as making people aware of what they want, which plays an important part in setting life objectives. They can also be a source of energy, vitality and motivation.

While working with over-hedonistic people, you might want to check whether they are aware of what they really care about (do they have contact with their authentic dreams), and whether the goals they set are related to these dreams. A goal set without taking into account the desires and dreams of a given person can turn out to be very demotivating. The strength of its attraction may prove to be weaker than the force of impulses that push one to follow momentary pleasures. Perhaps in some cases dreams were not included in the implementation of the objectives on the ground that the person does not believe in the possibility of their fulfilment. Others may have trouble with proper setting of goals. It is worth showing them effective ways of setting and achieving goals. It should be demonstrated to them that setting goals is worth it, that have a form of a more specified vision based on a dream (possibly very distant), which performs a motivating function and gives direction. The motivational value (based on a dream) should be so strong that it can withstand the power of “momentary impulses”. It is also important to set smaller, current objectives, which are stages on the way to the main goal and indicate what’s worth doing for the sake of that goal “here and now”.

Students who highly appreciate the value of self-direction achieve high scores on both the Present-Hedonistic scale as well as on future-oriented one. However, they reach low scores on the Past-Negative scale, that is most clearly connected with low well-being (Kałużna-Wielobób, in press). Self-direction seems to be an important category for time perspectives because it is connected with as many as three perspectives (covering all three dimensions of time). So even though this is an oversimplification, we may venture a statement that it is associated with “an adaptive pattern of being in time” – consistent with the “optimum model” of balanced time perspective presented by Zimbardo and Boyd (2008/2009), and Boniwell and Zimbardo (2004/2007). Relations between the level of Present-Hedonistic orientation and the degree of value given to individual values are shown in Figure 3.

Another hypothesis is that this balance is more common in those who value Self-direction and less frequent in those who appreciate the Hedonic values most (unless it is balanced by other values).

The statements included in the “Present-Hedonistic” scale seem to focus on search for pleasure and stimulation. An analysis of the literature data presented in the introduction shows that perhaps we should distinguish a separate present perspective: being present “here and now”, connected with consciousness (awareness), contact with oneself and the situation, regardless of whether it is currently enjoyable or not (Sobol-Kwapińska, 2007; King, 1986; Stinissen, 1992/1997; Teasdale et al., 2000; Borcovec, 2002; Zaleski, 1988; Pastuszka, 1967). The study (Kałużna-Wielobób & Wielobób, in press) shows that while the search for pleasure and stimulation as criteria for “proper use of time” appeared frequently (61% of the students), the statements indicating the inclusion of conscious being “here and now” were uttered only by 15% of respondents. While working with young adults it would be useful to pay attention to the fact that the search for pleasure and/or stimulation, provided it’s done in moderation, can perform

a function of relaxation and satisfy the need of entertainment, while in the long run, it can lead to running away from responsibility and contact with reality. The actual contact with reality is associated with experiencing both pleasant and unpleasant things. Those only seeking pleasure, for example while creating a relationship such as marriage, can have tendency to avoid unpleasant conversations concerning difficult issues that arise in the relationship. Such evasion of “the unpleasant” can lead to subsequent sharp and uncontrolled outbreak of the conflict or spoil relations when suppressed negative emotions are excessively accumulated and lead to e.g. uncontrolled expression. However, conscious being “here and now” is associated with the joy of life, contact with reality and experiencing both positive and negative impressions. It is also closely related to a consideration of how to use the “now” for “the purpose of the future”. During psychological trainings it would be worth exercising the conscious being “here and now”. It would also be worth to make people reflect on how to be present in the present day and enjoy life, achieving goals. Work on this type of “here and now” presence could be helpful in working with people of all patterns of time perspective proportions.

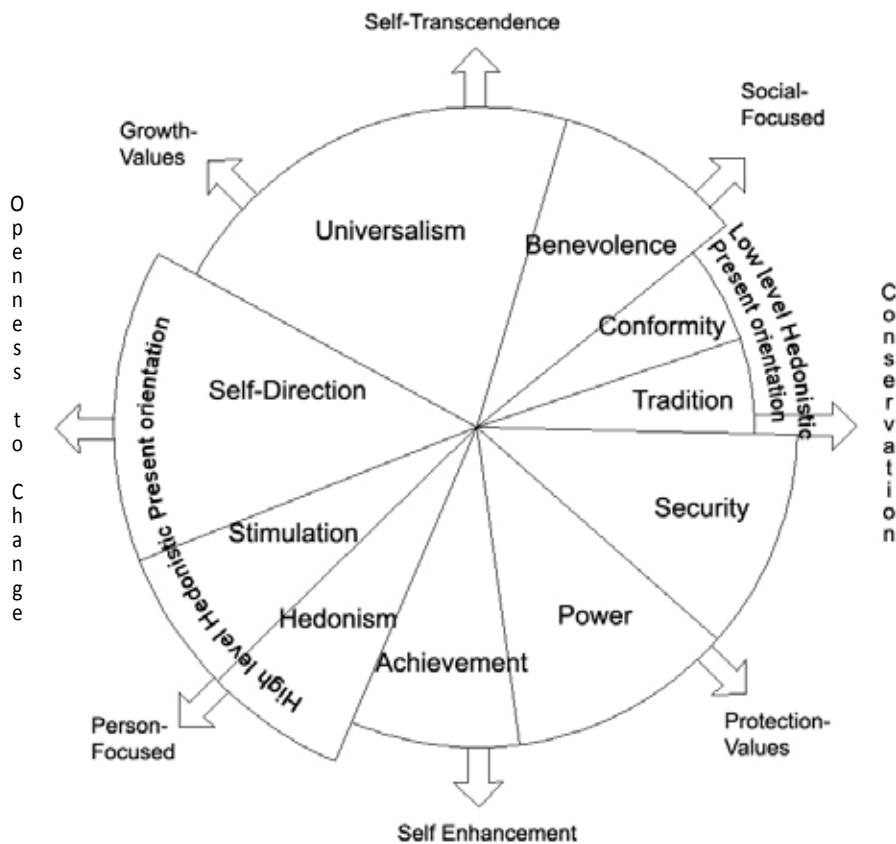


Fig. 3. Values and hedonistic present perspective

Low scores on a Present-Hedonistic scale were obtained by those who highly value Conformity and Tradition. One cannot exclude the fact that people who appreciate most the social values could have learned in the process of socialization to give priority to responsibilities connected with social welfare and obligations to others over selfish impulses. This may suggest yet another way to work with those who lack the future attitude and their perception, emotions and actions are dominated by the hedonistic attitude of the present. The thing that might prove helpful for such people might be increasing the frequency of monitoring timely completion of tasks (at school or at work). However, it would have to be a well-wishing, friendly supervision preceded by arrangements with that person who would consider this "oversight", reminding of the deadlines, as helpful in realization of his or her objectives. After some time of disciplined work, the person will most likely develop a habit of systematic work (regardless of mood or momentary impulses).

Relationships between values and Past-Negative and Present-Fatalistic perspectives seem to be important to such a degree that it is these two perspectives that are most clearly negatively associated with well-being (Kałużna-Wielobób, in review).

The hypothesis of a negative relationship between Universalism, Benevolence and Adaptation with Past-Negative or Present-Fatalistic was not confirmed. Still, Stimulation (novelty seeking, striving for an exciting and varied life) and Self-direction turned out to be negatively connected with Past-Negative, those being values on the side of openness to change. So the attitude of openness to change is associated with a lower tendency to focus on negative memories of the past and a greater focus on the Present-Hedonistic. Perhaps one of the techniques of work on the release from "imprisonment in the negative memories of our own history" may be focusing on planning changes in our life (openness to change). On the other hand, the introduction of changes in life may require a "reinterpretation" of our own history in a manner consistent with the direction of planned changes (by selecting those factors that can be interpreted according to the "path that leads in the direction in which we want to go"). For example, difficult situations can show us that a given trend "is not for us" and direct us "somewhere else", they could be a "lesson", they could show us what's important, etc. – thus giving even negative experiences "positive significance".

Relations between the level of Past-Negative orientation and the degree of value given to individual values are shown in Figure 4.

Past-Negative perspective is, however, positively related with high evaluation of power (status and social prestige, control and domination over other people and resources). Power on the circle of values is situated on the side of protection-values and self-enhancement. It turns out that the focus on this value is not associated with any of the other time perspectives. One may wonder whether the focus on this value is not the result of negative experiences from the past, which make one "protect themselves" (by strengthening the "Me" and the protection of their own values). On the other hand, we may wonder whether the focus on power does not lead to

frustration (especially if other people do not want to grant power to those who have no regard to the social good, and social values are on the opposite side of the circle). In questions about “the proper use of time” people who highly appreciate power did not mention (or rarely mentioned) relationships with other people and the necessity to achieve one’s objectives so as to be happy doing it. Perhaps it shows the direction of work with people valuing power, so that we may help them reformulate their goals to make them reflect on how to gain what they want, but in such a way as to be able to enjoy it. Also drawing their attention to the role of building positive relationships with others can be helpful for them. Emmon’s studies (1986, 1991) have shown, that the objectives associated with intimacy with others are associated with life satisfaction. Work on freeing ourselves from negative focus on the past seems to be important, as highlighted by the author of time perspective questionnaire (Zimbardo & Boyd, 2008/2009). The methods of existential work concerning the consciousness of being in time can also be found in Tokarska’s work (2010).

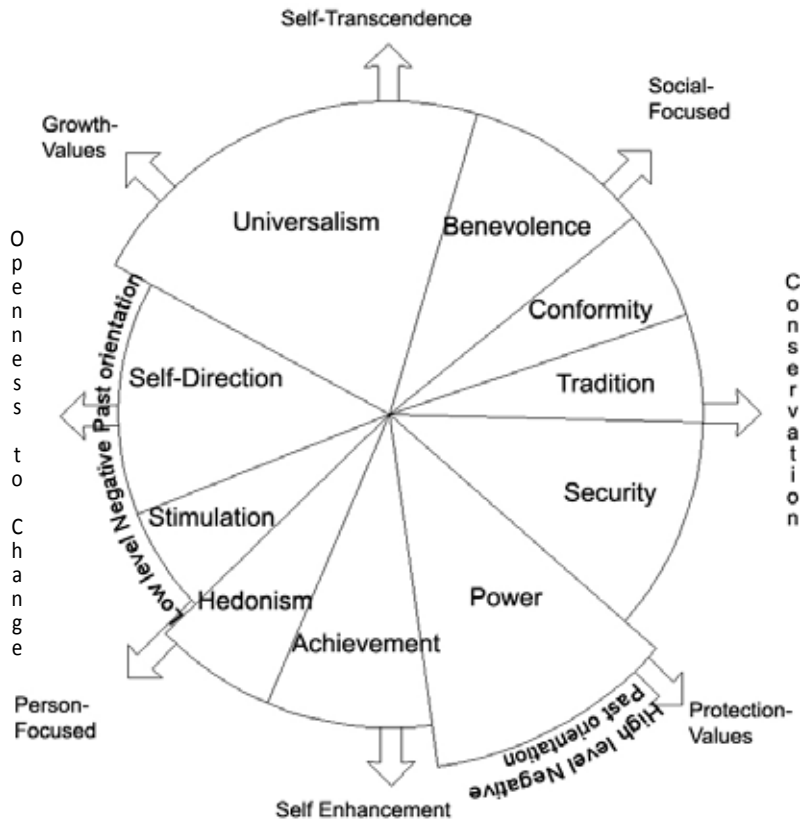


Fig. 4. Values and Past-Negative perspective

The hypothesis of a positive relationship between Tradition and Past-Positive perspective was confirmed. The positive perception of the past is also associated

with Benevolence (the group of “social-focused”). On the one hand, positive experiences from the past can increase kindness to others. On the other hand, work on a sympathetic attitude towards others can help change attitude towards our own history (from negative to more positive). Perhaps focus on other people is also related to the fact that our experience becomes more positive. Relations between the level of positive past orientation and the degree of value given to individual values are shown in Figure 5.



Fig. 5. Values and Past-Positive perspective

Conclusions

The results obtained show connections between temporal orientation and the values esteemed by the students. The hypothesis of a positive relationship between positive past perspective and two values: tradition and benevolence was confirmed, but with universalism and conformity – not. The hypothesis of a negative relationship between universalism, benevolence and adaptation with negative past or fatalistic present were not confirmed. Stimulation and self-direction proved

negatively connected with negative past. Negative past and hedonistic present perspectives are positively related with high evaluation of power. The hypothesis of a positive relationship between hedonism, stimulation and present hedonistic perspective was confirmed. The hedonistic perspective is also positively related with self-direction. Low scores on a present hedonistic scale were obtained by those who highly value conformity and tradition. The hypothesis of a relationship between future-oriented perspective and high appreciation of universalism and achievement was confirmed. A positive relationship was also noted between the future perspective and tradition, conformity and self-direction. Future perspective is negatively associated with hedonism.

It may prove useful in work with people, who would like to obtain a more balanced time perspective and develop the skill to move focus flexibly to this temporal dimension (past, present or future), which allows for the most adaptive concentration in a given situation.

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