INTERNATIONAL STUDIES IN TIME PERSPECTIVE
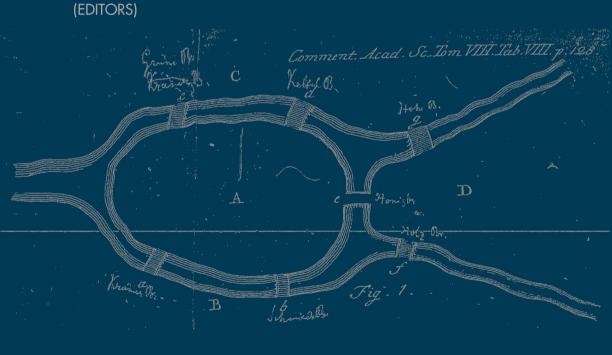
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Fig. 1.

Connection between self-attitude components and personal time perspective profiles

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Abstract: This research investigates the interrelation between subjective well-being components and time perspective. Self-attitude is taken into consideration as a central aspect of well-being. According to the aims of the study, participants completed the Ryff Subjective Well-being Scales, The Lyubomirsky Subjective Happiness Scale, the Satisfaction with Life Scale, the Zimbardo Time Perspective Inventory and the Stolin Self-attitude Inventory. The sample included 93 university students, both men (43) and women (50) aged from 17 to 26 years old. Based on the correlational analysis, the association between subjective well-being aspects and time perspective is found: future-oriented people, who view their past in a positive way, have a higher level of self-respect, self-acceptance, self-understanding and self-guidance. Five time perspective profiles are discovered by cluster analysis: past negative-oriented (17,2%), future-oriented (24,7%), risk (18,3%), balanced (23,7%) and moderately present-oriented (16,1%). Subjective well-being and self-attitude scores are higher among participants, who achieved balanced time perspective and, therefore, have an authentic self-esteem. It's important to mention that self-attitude scores are higher among the future-oriented sample. This fact can be explained the following way: this orientation serves a protective function, being based not on the real evidence, but just on hopes and expectations, taking into account the age of respondents.

Keywords: subjective well-being, self-attitude, ZTPI, time perspective profiles.

Introduction

Relation between subjective well-being and personal time

At the moment attaining subjective well-being state is viewed as a fundamental need for individuals in modern society. It's common knowledge that time doesn't exist independently of a person, so the considerable importance of time in conceptions of well-being is to be mentioned in these terms (Abulkhanova-Slavskaya, 2001; Argyle, 2003; Corrywright, 2009; Diener, Suh & Oishi,1997; Drake, 2008; Headey & Weaning, 1992; Nuttin, 1985; Yaksina, 2009; 2011). Despite the abundance of research which studies the interrelation between subjective well-being components and time perspective, it is still under question which time perspective contributes more significantly to higher subjective well-being scores (Boniwell & Zimbardo, 2004; Boniwell, 2005; Boniwell, Osin, Linley & Ivanchenko, 2010). As it involves significance of time factors in the context of subjective

well-being studies, it is the reason for high scholarly interest in this issue. Thus, the primary aim of the study is to examine the peculiarities of interrelation between the structural components of subjective well-being and time perspective. In this framework taking self-attitude into consideration as a central component of subjective well-being determines the novelty of this research.

Subjective well-being is a notion worked out in the field of positive psychology that attempts to understand people's evaluations of their lives. There are two general approaches to it, emphasizing different aspects of this construct: hedonic, which is primarily related to pleasure, self-satisfaction and happiness and eudaimonic, which recognizes the realization of human potential as central to well-being (Lennings, 2000; Perova & Entkolopon, 2009; Seligman, 2006; Sozontov, 2006). This study focuses on the model proposed by C. Ryff, which combines the ideas of both approaches. According to the above-mentioned model, several key components, e.g., purpose in life, autonomy, positive relations, self-acceptance, environmental mastery and personal growth, have been distinguished to serve the research aims (Ryff & Singen, 2006).

Thus, for the aims of the study, subjective well-being can be defined as a state of experiencing psychological comfort by an individual, who leads a meaningful life, uses diverse strategies for self-development, establishes goals, accepts himself, has positive feelings and is satisfied with environment, personal relationship and situation on the whole.

Recent empirical research has shown that particular temporal characteristics have implications for various aspects of well-being. The latest tendency in recently conducted studies shows high interest in further operationalization of the balanced time perspective construct, which is the time perspective where 'the past, present and future components blend and flexibly engage, depending on a situation's demands and our needs and values' (Boniwell & Zimbardo, 2004). Time integrity awareness is a crucial attribute of well-being as it characterizes an individual knowledge of one's own identity, due to recognition of oneself in the past, the present and the future at a given time (Bochaver, 2008; Bolotova, 2006, 2007; Mandrikova, 2008; Nourkova, 2003).

Study

The present study chooses to focus on how Zimbardo defines and operationalizes time perspective. According to him TP is 'the manner in which individuals and cultures partition the flow of human experience into distinct temporal categories of past, present and future' (Boniwell & Zimbardo, 2004) measured with the ZTPI, comprising five subscales: Past Negative (PN), Present Hedonistic (PH), Future (F), Past Positive (PP) and Present Fatalistic (PF) (Sircova & Mitina, 2008).

The study investigates interrelations between the structural aspects of well-being and time perspective and is expected to prove the existing operationalization of the balanced time perspective construct as well. Therefore, the following hypotheses are implied:

1) There is correlation between subjective well-being components and time perspective profiles:
   • subjective well-being components have a positive relationship with past positive and future time perspective;
   • subjective well-being components have a negative relationship with past negative, present hedonistic and present fatalistic time perspective;

2) Five types of time perspective can be organized in a different structure and, therefore, time profiles can be discovered;
3) Subjective well-being scores relate to the time profile:
   • subjective well-being scores and self-attitude scores are higher among participants who achieved the balanced time perspective state.

Method

To achieve the goals of the study a correlational questionnaire-based design as well as factor and cluster analyses were applied. The sample included 93 university students, both male (43) and female (50), aged from 17 to 26. Confidentiality was guaranteed, and no remuneration was offered.

The questionnaire included the following inventories:

1) the *Ryff Subjective Well-being Scales* (adapt. Shevelenkova & Fesenko, 2005),
2) the *Lyubomirsky Subjective Happiness Scale* (adapt. D.A. Leontiev),
3) the *Satisfaction with Life Scale* (adapt. D.A. Leontiev),
4) the *Zimbardo Time Perspective Inventory* (adapt. Sircova & Mitina, 2008),
5) the *Stolin Self-attitude Inventory*.

Results and discussion

Based on the correlational analysis, the association between subjective well-being aspects and time perspective is found: future-oriented people, who view their past in a positive way, have a higher level of self-respect, self-acceptance, self-understanding and self-guidance (see Table 1, Table 2).

Table 1 – *Spearmen correlation between the ZTPI scales and subjective well-being components (Russian sample, N=93)*

	NP	PH	F	PP	PF
Positive relations	-.23*		.32**	.36**	-.28**
Autonomy					
Environmental mastery	-.37**		.48**		-.47**
Personal growth		.30**	.27**		-.37**
Purpose in life	-.32**		.61**	.33**	-.43**
Self-acceptance	-.56**		.27**	.29**	-.41**
Life satisfaction (cognitive aspect)	-.34**		.31**	.22**	-.21**
Subjective happiness (emotional aspect)	-.27**				
Subjective well-being (general score)	-.40**		.45**	.29**	-.48**

Note. *p<0.05; **p<0.01.

Table 2 – *Spearmen correlation between the ZTPI scales and self-attitude components (Russian sample, N=93)*

	NP	PH	F	PP	PF
Self-attitude	-.44**		.36**		-.29**
Self-respect	-.57**		.32**		-.41**
Positive attitude expectancy	-.26*		.40**		-.32**
Self-confidence	-.39**		.32**		
Relation with others	-.24*		.39**	.28**	-.31**
Self-acceptance	-.39**				-.32**
Self-guidance	-.40**	-.22*			-.25*
Self-interest	-.27*		.27**	.28**	-.23*
Self-understanding	-.43**				

Note. *p<0.05; **p<0.01.

Therefore, the 1st hypothesis is partly proved, except for the Present Hedonic time perspective, which is, on the contrary, positively linked to personal growth (see Table 1).

As for the 2nd hypothesis, five time perspective profiles are discovered by hierarchical cluster analysis using Wards method and Squared Euclidean metric (see Table 3):

- past negative-oriented (17,2%), which is characterized by low PP, PH, moderate F, PF and high PN level;
- future-oriented (24,7%), which is characterized by high F, low PN, PP, PF and moderate PH level;
- risk (18,3%), which is characterized by especially high PH, high PF, PN and moderate PP and F level;
- balanced (23,7%), which is characterized by high PP, F, moderate PH and low PF and PN level;
- and moderately present-oriented (16,1%), which is characterized by low PP, PN, F and moderate PF and PH level.

They are the same types that were discovered by Zimbardo and colleagues (Boniwell, 2010; Zimbardo & Boyd, 2010), except for the last profile.

Table 3 – *Cluster means and time perspective profiles*

Cluster number (number of respondents)	1 (16)	2 (23)	3 (22)	4 (17)	5 (15)
Past Negative	2.92	2.19	2.3	3.2	2.29
Present Hedonic	2.69	3.41	3.31	4.07	3.44
Future	3.64	3.68	3.96	3.4	2.5
Past Positive	3.33	3.42	4.39	3.77	3.32
Present Fatalistic	2.76	2.21	2.31	3.7	2.86

Note. 1 – past negative-oriented (17,2%), 2 – future-oriented (24,7%), 3 – balanced (23,7%), 4 – risk (18,3%), 5 – moderately present-oriented (16,1%).

We also should mention that past positive scores are higher among the Russian sample compared to established norms (Sircova & Mitina, 2008). Given this fact, we suppose that attaining high scores in this subscale has its roots in cultural background (see Table 3).

As far as the 3rd hypothesis is concerned, subjective well-being and self-attitude scores are higher among participants who achieved balanced time perspective and, therefore, have an authentic self-esteem (see Table 4, Table 5). In contrast to previously obtained results, which indicate balanced time perspective as a basis for high subjective well-being (Boniwell, 2010; Drake et al., 2008; Zimbardo, 2010), this study showed that subjective well-being scores are high among the future-oriented sample as well. To sum up, 48.4% of the sample, almost half, have high scores of subjective well-being. It's important to mention that self-attitude scores are even higher among the future-oriented sample, not balanced time perspective sample. This fact can be explained the following way: the future orientation serves a protective function, being based not on the real evidence, but just on hopes and expectations, taking into account the age of respondents.

Table 4 – *Subjective well-being scores of time perspective profiles*

	1	2	3	4	5
Subjective well-being (general score)	340	378	380	346	341
Positive relations	58.6	64	68.7	61.76	59.6
Environmental mastery	55.5	62.04	60.18	51.05	48.4
Personal growth	61.3	69.5	69	66.11	64.5
Purpose in life	55.56	62.26	63.36	55.1	49.9
Self-acceptance	53	63.08	64.18	52.88	57.73
Life satisfaction	19.12	23.65	25.22	21.29	21.73
Autonomy**	56.37	57.34	55.36	59.88	61.4
Subjective happiness**	16.9	18.04	18.5	17.5	17.5

(** differences are statistically insignificant)
Note. 1 – past negative-oriented, 2 – future-oriented, 3 – balanced, 4 – risk, 5 – moderately present-oriented.

Table 5 – *Self-attitude scores of time perspective profiles*

	1	2	3	4	5
Self-attitude	16.875	20.78	19.5	17.17	18.6
Self-respect	8.81	11.17	10.32	8.11	9.46
Positive attitude expectancy	9.5	10.96	10.64	9.53	9.2
Self-interest	5.43	7.08	6.81	6.17	6.26
Self-confidence**	5.12	6.43	6.09	5.5	5.13
Self-acceptance	4.18	6.04	5.45	4.41	5.33
Self-guidance	4.25	4.56	4.68	3.4	4.06
Self-understanding**	3	3.6	3.64	3	3.93

(** differences are statistically insignificant)
Note. 1 – past negative-oriented, 2 – future-oriented, 3 – balanced, 4 – risk, 5 – moderately present-oriented.

People with past negative-orientation are individuals, who have low subjective well-being and self-attitude scores, and a moderately high level of environmental mastery, which relates to expectation of others' positive attitude, which means that people with this time profile are likely to expect other people to feel sympathetic for their negative experience and create an environment due to their expectations.

Risk-profile individuals present high past negative scores and moderate personal growth. The underlying psychological mechanism is compensation. They transform past negative experience by self-realization in the present. Moderate self-interest and expectation of positive relationship indicate the importance of others admitting value of risk-profile individuals. It helps them to increase their low level of self-respect and to confirm their being.

People who are moderately present-oriented have moderate self-attitude level, low past negative scores and present a time perspective pattern which is much better in comparison with past negative-and risk-profile. Personal growth and self-acceptance are significant aspects of their life. Due to self-guidance, these people rely on themselves, while they are achieving their goals. Self-acceptance gives them inner confidence, with which they are able to solve their problems on their own.

Conclusions

Finally, looking at the obtained results, self-attitude appears to be one of the most significant subjective well-being components. Being the self-consciousness component, as a process which is developed throughout the life, interrelation between self-attitude components and time perspective profiles is established. It appears to be of high interest in terms of examining relations between self-attitude and balanced time perspective as one of the most investigated and operationalized concepts in mainstream psychology.

The proposed research has both theoretical and practical significance as it extends existing knowledge and indicates the possibility of creating self-attitude typology for time perspective profiles which can be regarded as a crucial psychological resource in terms of individual psychotherapeutic practice.

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