

Putting time in perspective: The Interface between Enhancement and Conflict

¹Dr. Mamta Sharma & ²Davneet Kaur

¹Associate Professor, Department of Psychology, Punjabi University, Patiala, Punjab, India- 147001 (India)

²Research Scholar, Department of Psychology, Punjabi University, Patiala, Punjab, India- 147001 (India)

ARTICLE DETAILS

Article History

Published Online: 25 May 2019

Keywords

Time Perspective, Work Life Balance, Employee.

Corresponding Author

Email: davneet18[at]gmail.com

ABSTRACT

Individuals' needs and work conditions have drastically changed within the last decade which altered the perception of a satisfactory work-life balance. The kind of balance that most of us are seeking has to do with time. The way in which time perspective effects work-related attitude remains unexplored. Keeping this in mind the present study aims to explore the relation of five dimensions of Time Perspective with four dimensions of Work Life Balance of employees. It was hypothesized that Future and Past positive time perspectives would be positively correlated, whereas Present hedonistic, Present fatalistic and Past negative would be negatively correlated with Work life balance. Results revealed significant positive correlation of **past positive** time perspective with work enhance personal life (WEPL) (0.26**) & Personal enhance work life (PEWL) (0.33**), and significant negative correlation with Intrusion of personal in work life (IPWL) (-0.33**) & Intrusion of work in life personal life (IWPL) (-0.26**) domains of work life balance. **Present hedonistic** (PH) shared significant positive correlation with Intrusion of personal life in work life (IPWL) (0.19**). However, the correlation between Present hedonistic and other domains of work life balance was not found to be significant. **Future time perspective** correlates positively with Work enhance personal life (WEPL) (0.38**) & Personal enhance work life (PEWL)(0.48**), but correlates negatively with Intrusion of personal life in work life (IPWL) (-0.39**) and Intrusion of work in life personal life (IWPL) (-0.18**). **Past negative and present fatalistic** share no signification relation with work life balance. From our research findings it can be concluded that time perspective can be a major contributor in enhancing work life balance.

1. Introduction

Work is a deliberate activity which is directed toward the satisfaction of human needs and desires. The term "work" includes paid mental and physical efforts. "Life" includes family, leisure, health, interest and other related activities. So it is a introspection by employee to understand encouraging relationship between work and family. The term **work life balance** has been coined in 1986. It indicate balance between individual work and personal life. Creating work life equilibrium is juggling act between paid work and other activities that are important to people. Work life balance is defines as "Satisfaction and good functioning at work and at home with a minimum role conflict"[1]. "The extent to which individual equally engage in and equally satisfied with his or her work role and family role" [2]. It is not so easy to create harmonious relationship of life among various domain. Conflict occur in work and life when person is unable to meet the demand of both domain this cause strain. There are various antecedents of work life conflict. Work to family conflict occur when there is non-flexible working hours, time pressure, interpersonal conflicts, role vagueness, lack of coordination and communication among staff. Family to work conflict arises when family commitment like parental and other care demanding responsibilities interferes in work. Conflict occur when one role creates difficulty in fulfilling the expectation of another role [3]. This further resulted in negative spillover and put adverse effect upon physical and psychological state [4]. Various researchers try to conceptualize the relationship between work life balance. These theories have been

developed throughout the history and pave the way to development of modern era theories which can be contribute for the betterment of employee, family, organization and ultimately to society. First view of work life was Conflict theories. Conflict theories are the dominant theories of early 20th century. Conflict theories include border and boundary theories. These theories state that work and family are different domain. They merely focus on negative aspect of work and family relationships [5]. This theory mainly focuses on the work and life as two separate sphere, states that work and life sphere work best "When men and women are specialize in their activities in separate spheres, women at home doing excessive work and men in the workplace performing instrumental tasks"[6]. Border theory states that there is a border between domains of work and life [1]. This boarder facilitate and inhibit balance depending upon its quality such as, flexibility and permeability. This theory proposes that individual is daily boarder crosser they crosses borders as they move from one domain to another. Boundary theory focuses on how people perceive work and family domain and the ease of transaction between the two. It emphasis on the way individual create, maintain, modify and change the boundaries between the domains, in order to classify and simplify the world around them [7]. The second view point of work life balance initiated in 1980s. It consists of two theories that are compensation and supplement and reactive compensation. These theories are based upon the idea that lacking in one sphere is fulfilled by other sphere. Although this view shows the link between work and family but it mainly emphasis on

negative aspect of work life balance. Third view of work family balance. The third view point of work life balance initiated in 1980s and early 1990s [8]. Balance viewpoint includes three theories role enhancement, spillover and work enrichment. Third viewpoint of work life balance theories put emphasis on both positive and negative aspect of work-life, even these theories highlights positive aspect of work-life relationship

The kind of balance that most of us are seeking is influenced by many factors such as coping strategies, self-regulation, decision making, supports from others and time perspective. Time is not only what we do with it, how we spend it, how much of it is consumed by work. But balance is not just about what we do with our time, it also has a lot to do with how we think about time. Our thoughts determine our actions, how we think about time may be even more important to our well-being than what we do with it.

Time perspective represents an individual's way of relating to the psychological concepts of past, present and future. It is a deeply rooted in unconscious mind and can affect the way we feel, think and act in different situations [9], which remains one of the most important influences on human behavior [10]. Time perspective defined as, "The totality of the individual's views of his psychological future and his psychological past existing at a given time" [11]. It influences our actual behaviour. Persons of all ages are influenced by the manner in which they see the future that is by their expectations, fears and hopes. Time perspective can be viewed as Perceived task characteristic [12] [13]; Motivational-cognitive process, commonly emphasizing planning, goal setting and similar processes, however other processes like autobiography are also mentioned [13] [14] [15]. Various theories describe time perspective from different point of view. It includes Einstein's theory of relativity of time (1931) which emphasizes the subjective nature of the physical phenomenon of time. Lewin's life space model (1951) defined time perspective (TP) as "the totality of the individual's views of his psychological future and psychological past existing at a given time". According to life space model study of individual environment interaction is necessary to understand personality. Kant's theory on Time Perception (1965) describe time itself is necessary condition upon which other things are dependent. Time is Incorporated in all the experiences of individual. Socioemotional selectivity theory. Individual perception of time plays an important role in determining social goals which in turn effect our emotion, cognition and motivation [16]. Claudia Hammond's theory on Time Perception (2012) stated that individual construct experience of time in their mind. Perception of time is effected by various factors such as memory, emotions, concentration and sense of rooted in space. Time perspective is described as 'the often non-conscious process whereby the continual flows of personal and social experiences are assigned to temporal categories, or time frame that help to give order, coherence, and meaning to those events' [9]. This model consist of five dimension: past negative (PN) reflected the negative perspective of the past events that may be based on the real negative experiences or negative reconstructions of the past events. It correlates with depression, aggression, less emotional stability, low self-esteem and trait anxiety. Past-positive (PP) includes reflecting a warm and affective perspective to the past, have high self-

esteem, happy go lucky person. Future orientation (F) people are more organized, self-responsible and super achiever, stick to keep fit scheme, more efficacious in doing multitasking. They are more concern about consequences of their actions. They are at low risk for emotional breakdown. They are less distracted, easily overcome gratifications and distractions but they less likely to enjoy present. Present-hedonistic (PH) includes present life, immediately gratification and hedonism, risk taking, pleasure seeking, getting immediately gratification, shirk all exacting work, enjoy hobbies and less concern about future consequences sometime they turn out to be touchy, antisocial and aggressive. Present-fatalistic (PF) individual puppet in the hand of destiny, despair sense to the future, lack of locus of control, easily acceptance for failure blame and deny for reward appreciation and the disability in connection of present behavior with future outcome.

Time perspective has prominent influence on all the aspects of life because it has power to influence one's attention, perception and decision making processes [17]. Healthy balance and happiness depends upon the attitude people have toward time. Various studies on time perspective has shown its fundamental role in numerous aspect of human functioning. Zhang et al. (2013) studied upon balance time perspective and well being. Result indicated the existence of correlations between balanced time perspective and well-being .60, and time perspective dimensions are better predictors of well-being than are any of the famous Big Five personality traits. Findings indicates that individual those who are high on extroversion and are past positive and present hedonistic time oriented are more satisfied with their life than those who are high on neuroticism and are past negative oriented. Regression analysis in this study indicates that time perspective accounted for 13.7% of the variance in life satisfaction beyond personality trait and personality trait accounted for an additional 4.4% variance in life satisfaction beyond time perspective [18] [19]. Gupta & Gaur, (2011), studied the effect of employees' time perspective on work place stress. This study was conducted in India with 235 respondents who answered the Zimbardo's time perspective inventory and Pareek's measure of stress. The results of regression analysis show that present hedonistic individuals do not get stress, whereas individuals anchored in past positive, past negative, present fatalistic and future oriented time perspective succumb to stress [20]. In line with this research previous researches also suggested that age related change in future time perspective affect personal values and subordinate goal orientation [21]. With advancement in age intrinsic value goals start gaining priority over extrinsic instrumental goals and in turn this resulted in positive outcome such as better life satisfaction and mental health [22] [23], better social connectedness [24] [25], greater emotional well-being [26], and healthy behaviors such as volunteering and exercising [27]. This research indicate toward the association between personality traits and life satisfaction may be due to individual differences on cognitive time frames. Previous studies have reported that work life balance is positively associated with time perspective. A study is conducted to assess the association between mindfulness, time perspective and life satisfaction on the sample of 377 undergraduate university students (65.25% women) living in Spain who were recruited

and completed the Satisfaction with Life Scale, the Zimbardo Time Perspective inventory and Mindfulness attention awareness scale. Results showed the significant positive relation between life satisfaction, mindfulness and past positive and negative relation with past negative, unbalanced time perspective as well as negative association with mindfulness and unbalanced time perspective. Regression analysis showed that 27% of variance in life satisfaction is because of past positive, past negative and mindfulness. Conclusion of this study showed mindfulness provides balanced time which further increase life satisfaction [28]. Holman & Zimbardo (2009) found correlation between family relation and time perception [29]. They found that past negative oriented individual feel high conflict with family and friends and low social support because they are already trapped in past conflicts, resentful thoughts and are trapped in grudges. Past positive and future oriented people shows more family and social involvement because they live in reality and construct their future themselves.

Past researchers suggested that individuals involuntarily exhibit balanced time perspective depending on the situation encountered, but this has not been empirically tested [9]. So it is interesting to study whether time perspective of employee influence work life balance, and the extent of influence of each dimension of time perspective. It is surprising that in spite of the obvious importance of temporal processes in our lives, their systematic exploration has received relatively little attention from Psychology and the social sciences. There is need to focus on these perspectives and their influence on organizational behavior such as decision making, organization commitment, and work life balance. Knowledge and understanding of time perspective can be a useful tool in psychological counseling. An insight about how employee think about the past present and future is very helpful in understanding how their work life balance will get influenced. This insight helps in making employee's balanced time perspective oriented and thus helping them to lead a balanced life. To close this void in the relevant literature and keeping in mind its implication, the present study focuses on the effect of time perspective on work life balance.

2. Purpose

As relation between time perspective and work life balance is less explored so the present study aims to determine the relationship between time perspective and work life balance.

3. Hypothesis

1. Past Positive Perspective would be positively correlated with domains of work life balance.

6. Results

Table No.1: Showing correlation matrix of relationship between dimensions dependent variable that is work life balance and independent variable namely time perspective.

	PP	PN	PH	PF	F	IPWL	IWPL	Conflict	WEPL	PEWL	balance
PP	1.00										
PN	-0.12	1.00									
PH	-0.07	0.02	1.00								

2. Future oriented time perspective would be positively correlated with domains of Work Life Balance.
3. Past negative time perspective would be negatively correlated with domains of Work Life Balance.
4. Present fatalistic time perspective would be negatively correlated with domains of work life balance.
5. Present Hedonistic Perspective would be negatively correlated with domains of Work Life Balance.

4. Method

Sample: The sample of present study consist of 200 middle and senior level managers working in private sector organizations (national and multinational companies) in Patiala, Ludhiana, Mohali, Chandigarh, Delhi, Noida, Gurugram, Pune. Convenience sampling was used to collect data. All the participant were in the age group of 30 to 45 years with the mean age 37.5 and with minimum 7-10 year of working experience. Prior consent was sought from human resource department of concerned organization and from participants.

Design: Correlation analysis were applied to analyse the relationship between independent variable namely time perspective (past positive, past negative, present hedonistic, present fatalistic, future) and dependent variable work life balance (intrusion of personal life into work life, intrusion of work life into personal life, work enhance personal life, personal enhance work life).

5. Tool used

Zimbardo Time Perspective Inventory (Zimbardo and Boyd, 1991): The test consisting of 56 statements investigates orientation towards past-negative, past-positive, present-fatalistic, present-hedonistic and future time perspectives on 5-point Likert scale. i.e., 1= very untrue, 2= untrue, 3= neutral, 4= true, 5= very true. Reliability of the scale is .82. The future scale demonstrate the best scale reliability i.e. .80 followed by the present fatalistic .76, Past positive .76, present hedonistic .72 and past negative .70.

Work Life Balance (V.M. Rincy and N. Panchanatham, 2010): The test consists of 42 statements relating with four dimensions (intrusion of work life in personal life, intrusion of personal life in work life, work enhance personal life and personal life enhance work life) concerning their experience in work life domains. Each items consist of 3point scale (1=never, 4 sometime to 7=always). The internal consistency reliability value for IPWL .97, for IWPL 0.98 for WEPL 0.82 for PEWL 0.91.

PF	0.09	0.01	0.20**	1.00							
F	0.21**	-0.04	0.10	-0.15*	1.00						
IPWL	-0.33**	-0.05	0.19**	0.01	-0.39**	1.00					
IWPL	-0.26**	-0.11	0.00	0.01	-0.18**	0.57**	1.00				
Conflict	-0.33**	-0.09	0.10	0.01	-0.32**	0.88**	0.89**	1.00			
WEPL	0.26**	0.04	-0.12	-0.08	0.38**	-0.57**	-0.60**	-0.66**	1.00		
PEWL	0.33**	0.02	-0.10	-0.09	0.48**	-0.56**	-0.49**	-0.59**	0.78**	1.00	
Balance	0.31**	0.04	-0.12	-0.09	0.46**	-0.60**	-0.58**	-0.66**	0.94**	0.94**	1.00

**p<0.01

*P<0.05

PP- Past Positive, PN- Past Negative, PH- Present Hedonistic, PF- Present Fatalistic, F- Future, IPWL- Intrusion of Personal Life into Work Life, IWPL- Intrusion of Work Life into Personal Life, WEPL-Work Enhance Personal Life, PEWL- Personal Enhance Work Life.

Results revealed that time perspective dimensions significantly influence work life balance. There was significant positive correlation between Future time perspective and Work enhance personal life (r =0.38**), Future time perspective and Personal enhance work life (r =0.48**), Future time perspective and balance (r =0.46**), Present hedonistic time perspective and Intrusion of personal life in work life (r = 0.19**), However, the correlation between Present hedonistic and other domains of work life balance was not found to be significant such as Intrusion of work life in personal life (r = 0.00), Work enhance personal life (r = -0.12), Personal enhance work life (r = -0.10) and significant negative correlation between Past positive time perspective and Intrusion of personal life in work life (r = -0.33**), Future time perspective and Intrusion of personal life in work life (r = -0.39), Future time perspective and Intrusion of work in life personal life (r = -0.18**), Future time perspective and conflict (r = -0.32**). Past negative and present fatalistic share no significant relation with work life balance. The non significant values of Past negative with Intrusion of personal life in work life (r = -0.05), Intrusion of work life in personal life (r = -0.11), Work enhance personal life (r = 0.04), Personal enhance work life (r = 0.02) and Present fatalistic with Intrusion of personal life in work life (r = 0.01), Intrusion of work life in personal life (r = 0.01), Work enhance personal life (r = -0.08), Personal enhance work life (r = -0.09).

7. Discussion

Present research hypothesized that Future and Past Positive time perspectives would be positively correlated with Work Life Balance while Present Hedonistic, Present Fatalistic, and Past Negative time perspectives would be negatively correlated with Work Life Balance. Our research finding have accepted the first hypothesis that past positive time perspective is positively correlated with work life balance (Work enhance personal life (r =0.26**), Personal enhance work life (r =0.33**), and balance (r =0.31**) and negatively correlated with Intrusion of work in life personal life (r = -0.26**), and Conflict (r = -0.33**). This is in line with our finding various findings has proved that the way in which individual relate to past is also related to their self-acceptance, personal growth, purpose in life, environment mastery, autonomy and ability to create positive relation with others[30]. Kazakina (1999) in the study of older adults found a relationship between past positive perspective and life satisfaction and present positive with

positive affect. Second hypothesis proved in present research findings that is future time perspective would be negatively correlated with work life balance Future time perspective and Work enhance personal life (r =0.38**), Future time perspective and Personal enhance work life (r =0.48**), Future time perspective and balance (r =0.46**) and significantly negatively correlated with Intrusion of work in life personal life (r = -0.18**), Future time perspective and conflict (r = -0.32**) [31]. Past researcher are also in line with present results. Hamidou, Z. et al. (2018) conducted cross sectional study on 156 cancer patient and care giver on effect of time perspective and coping on quality of work life. Results found that future and present hedonistic were associated with higher quality of life and use of avoidance and past negative is associated with lower quality of life [32]. Bolotova, et al. (2013) conducted research on time perspective and coping upon 295 participants among them 156 women and 139 men with are average age of 32 years. Results shows that future oriented is directly linked with planned, cognitive and behavioral strategies which leads to less stress and more balance and while negative orientation toward past individual focused on avoidant and non adaptive coping leads to more stress later thus creates dissatisfaction for life [33]. According to Kazakina (1999) cited in Zimbardo and Boyd, (1999), individuals with a more future-oriented outlook are more optimistic and anticipate positive outcomes [31]. This can, in itself, perpetuate more positive functioning and can lead to higher levels of academic achievement [9], elevated levels of participation in research studies [34], success in prison training programme [35] and more adaptive coping strategies for obtaining shelter when homeless [36]. Kazakina (1999) argues that future is directly related with wellbeing, balanced and positive functioning [31]. Our third and fourth hypothesis i.e. past negative and present fatalistic time perspective would negatively associated with work life balance but correlation analysis shown no significant relation between past positive and present fatalistic time perspective with work life balance. Past researches past negative is associated with lower level of life satisfaction [37]. Zaleski, et al. (2001) present fatalism create emotional distress and hopelessness leads to unbalance. Correlation analysis showed that present hedonistic is positively associated with intrusion of personal life with work (0.19**) Means this is negatively associated with balance[38]. This proves our last hypothesis, other researches have also prove this Present oriented individuals (both present fatalistic and present hedonistic) have been shown to be less influenced by safe sex practices [39], exhibit higher rates of

unplanned pregnancy [40], and tend to engage in high risk behaviors such as dangerous driving as well as alcohol and substance abuse [41]. While both present orientations seem to result in similar behavioral outcomes through their disregard for future consequences, thus they are more prone to conflicts. But few past researches are contrary to our findings such as researcher have shown that present time perspective is related with wellbeing with their emphasis on here and now experience [42] [43] and [44]. Present hedonistic is also proved to be positively associate with life satisfaction this is contrary to our findings. Present hedonistic people seek gratification so they are more likely to enjoy rather than getting overburdened with workaholic.

8. Conclusion

The findings suggest that time perspective has emerged out to be a significant correlate of work life balance. The present research has significant implication for both the organization and employees. Employee with balance time orientation can be proved to drives satisfaction from balance work life. Organization should ensure healthy work life policies that enhance work life balance. Employee must be provided with time perspective training to inculcate healthy orientation of time according to need and demand of particular situation. This practice would enhance employee security and confident and leads to more contribution with their full potential and enthusiasm. This would further ensure both employees as well as organization success and effectiveness.

References

- Clark, S. (2000) Work-Family Border Theory: A New Theory of Work-Life Balance. *Human Relations*, 53, 747-770.
- Greenhaus, J. H., Collins, K. M., & Shaw, J. D. (2003). The relation between work-family balance and quality of life. *Journal of Vocational Behavior*, 63, 510-531.
- Greenhaus, J. H., & Beutell, N. J. (1985). Sources of conflict between work and family roles. *Academy of Management Review*, 10, 76-88.
- Edwards, J. R., & Rothbard, N. P. (2000). Mechanisms linking work and family: Clarifying the relationship between work and family constructs. *Academy of Management Review*, 25(1), 178-199.
- Michel, J. S., Mitchelson, J. K., Kotrba, L. M., Lebreton, J. M., & Baltes, B. B. (2009). A comparative test of work-family conflict models and critical examination of work-family linkages. *Journal of Vocational Behavior*, 74(2), 199-218.
- Kingsbury, N., & Scanoni, J. (1993). Structural-functionalism. In P.G. Boss, W. J. Doherty, R. LaRossa, W. R. Schumm, & S.K. Steinmetz (Eds.), *Sourcebook of family theory and methods: A contextual approach* (pp. 195-217). New York: Plenum Press.
- Ashforth, B.E., Kreiner, G.E., and Fugate, M. (2000), All in a day's work. *Boundaries and micro role transitions*. *Academy of Management Review*, Vol. 25 No. 3, pp. 472-291.
- Kirchmeyer, C. (1992) Perceptions of nonwork-to-work spillover: Challenging the common view of conflict-ridden domain relationships. *Basic and Applied Social Psychology*, 13(2), 231-249.
- Zimbardo PG and Boyd JN (1999) Putting time in perspective: A valid reliable individual-differences metric. *Journal of Personality and Social Psychology* 77: 1271-1288.
- Zimbardo, PG, Sword, RM, Sword, RK (2012) *The time cure: Overcoming PTSD with the new psychology of time perspective therapy*. Jossey Bass, San Francisco.
- Lewin, K. (1951). *Field Theory in Social Science*. Harper and Row: New York.
- Gjesme, T. (1983). On the concept of future orientation: Considerations of some functions and measurements implications. *International Journal of Psychology*, 18, 443-461.
- Lens, W., & Moreas, M.-A. (1994). Future time perspective: An individual and a societal approach. In Z. Zaleski (Ed.), *Psychology of future orientation* (pp. 23-38). Lublin: Towarzystwo Naukowe KUL.
- Anderson, J. C., Narus, J. A., & Van Rossum, W. (2006). Customer value propositions in business markets. *Harvard Business Review*, May, 90-99.
- Seijts, G. H., & Latham, G. P. (1995, June 15-17). The effects of proximal and distant goals on a complex task. Paper presented at the annual meeting of the Canadian Psychological Association, Charlottetown, Prince Edward Island, Canada.
- Carstensen, L. L., Isaacowitz, D. M., and Charles, S. T. (1999). Taking time seriously: a theory of socioemotional selectivity. *Am. Psychol.* 54, 165-181. doi: 10.1037/0003-066X.54.3.165
- Boniwell, I., & Zimbardo, P. G. (2004). Balancing time perspective in pursuit of optimal functioning. In P. A. Linley & S. Joseph (Eds.), *Positive psychology in practice* (pp. 165-178). New Jersey: Wiley.
- Zhang, J.W., Howell, R.T., & Stolarski, M. (2013). Comparing three methods to measure a balanced time perspective: the relationship between a balanced time perspective and subjective well-being. *Journal of Happiness Studies*, 14(1), 169-184.
- Zhang, J. W., & Howell, R. T. (2011). Do time perspectives predict unique variance in life satisfaction beyond personality traits? *Personality and Individual Differences*, 50(8), 1261-1266.
- Gupta, R., & Gaur, J. (2011). Time perspective's role in stress levels: Empirical evidence. *Great Lakes Herald*, 5(1), 59-75.
- Brandtstädter, J., Rothermund, K., Kranz, D., & Kühn, W. (2010). Final decenterations: Personal goals, rationality perspectives, and the awareness of life's finitude. *European Psychologist*, 15(2), 152-63.
- Cheung, F. and Lucas, R. E. (2016). Income inequality is associated with stronger social comparison effects: The effect of relative income on life satisfaction. *Journal of Personality and Social Psychology*, 110(2):332-341.
- Poon, C. Y. M, & Fung, H. H. (2008). Physical activity and psychological well-being among Hong Kong Chinese older adults: Exploring the moderating role of self construal. *The International Journal of Aging and Human Development*, 66, 1-19.
- Fung, H. H., Carstensen, L. L. & Lang, F. R. (2001). Age-related patterns in social networks among European Americans and African Americans: Implications for socioemotional selectivity across the life span. *International Journal of Aging and Human Development*, 52(3), 185-206.

25. Lang, F. R., & Carstensen, L. L. (1994). Close emotional relationships in late life: Further support for proactive aging in the social domain. *Psychology and Aging*, 9, 315-324.
26. Fung, H. H., & Carstensen, L. L. (2006). Goals change when life's fragility is primed: Lessons learned from older adults, the September 11 attacks and SARS. *Social Cognition*, 24, 248-278.
27. Notthoff, N., & Carstensen, L. L. (2014). Positive messaging promotes walking in older adults. *Psychology and Aging*, 29, 329-341.
28. Muro A., Feliu- Soler A., Castella J., Devi J., & Soler J. (2017). Does Time Perspective Predict Life Satisfaction? A Study Including Mindfulness as a Measure of Time Experience in a Sample of Catalan Students. *Mindfulness* 8(3):655-663.
29. Holman, E. A., & Zimbardo, P. G. (2009). The social language of time: The time perspective- social 396 network connection. *Basic and Applied Social Psychology*, 31(2), 136-147.
30. Garcia D. (2013). La vie en Rose: high levels of well-being and events inside and outside autobiographical memory. *Journal of Happiness Studies* Epub ahead of print.
31. Kazakina, E. (1999). Time perspective of older adults: Relationships to attachment style, psychological well-being and psychological distress. Unpublished dissertation of Columbia University.
32. Hamidou Z, Auquier P, Leroy T, Barlesi F, Salas S, Chinot O, Baumstarck K.(2018). Dyadic effects of coping strategies, time perspectives, and personality on the quality of life of cancer patients and their caregivers. *Psychooncology*. 2017;27(2):590-99.
33. Bolotova A. K., & Hachaturova M.R.(2013). The role of time perspective in coping behavior. National Research University Higher School of Economics, Moscow. *Psychology in Russia: State of the Art* Volume 6, Issue 3.
34. Harber, K. A., Zimbardo, P. G. and Boyd, J. N. (2003) 'Participant Self-selection Biases as a Function of Individual Differences in Time Perspective', *Basic and Applied Social Psychology* 25: 255-64.
35. Chubick, J. D., Rider, C. Y., Owen S. M. and Witherspoon, B. M. (1999) 'Time Perspective of Female Prisoners Related to Success in a Training Programme', *Perceptual and Motor Skills* 88(2): 648-50.
36. Epel, E. S., Bandura A. and Zimbardo, P. G. (1999) 'Escaping Homelessness: The Influence of the Self-efficacy and Time Perspective on Coping with Homelessness', *Journal of Applied Social Psychology* 29: 575-96.
37. Boniwell I, Osin E, Linley PA, Ivanchenko GV. 2010. A question of balance: time perspective and well-being in British and Russian samples. *The Journal of Positive Psychology* 5:24-40 DOI 10.1080/17439760903271181.
38. Zaleski, Z., Cycon, A., & Kurc, A. (2001). Future time perspective and subjective well-being in adolescent samples. In P. Schmuck, & K.M. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (pp. 58-67). Goettingen, Germany: Hogrefe & Huber Publishers.
39. Rothspan, S., & Read, S. J. (1996). Present versus future time perspective and HIV risk among heterosexual college students. *Health Psychology*, 15(2), 131-134.
- Schopenhauer, A. (1851/1974). *Essays and aphorisms* (Trans., R. J. Hollingdale). New York, NY: Penguin.
40. Mindick, B., & Shapiro, C.H. (1989). Improving family planning services to rural adolescents. *Human Ecology Forum*, 18(1), 16.
41. Zimbardo, P. G., Keough, K. A., & Boyd, J. N. (1997). Present time perspective as a predictor of risky driving, personality and individual differences. *Personality and Individual Differences*, 23(6), 1007-1023.
42. Csikszentmihalyi, M. (1992). "Flow": *The Psychology of Happiness* (p. 6). London: Rider.
43. Maslow, A.H. (1971). *The farther reaches of human nature*. New York: McGraw-Hill.
44. Wilson J., Taciano L. Milfont T. L. & Diniz P. (2012). Time perspective and environmental engagement: A meta-analysis Article in *International Journal of Psychology*.