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## THE PECULIARITIES OF PERSONALITY IN TIME PERSPECTIVE, DEPENDING ON DIRECTIONS OF VARIOUS VALUE SYSTEMS

### SZCZEGÓLNE CECHY OSOBOWOŚCI CZŁOWIEKA W PERSPEKTYWIE CZASU Z UWZGLĘDNIENIEM RÓŻNYCH SYSTEMÓW WARTOŚCI

#### Abstract

The article deals with different models of personality time perspective problems, the results of time perspective research on directions to various value systems have been also represented. Our own developed value system typology, based on the concept of R. Inglehart is presupposed the existence of three independent socio-cultural types: orienting to the values of adaptation (intention to physical and economic security), socialization (orientation towards the norms and values adopted in the society) or individualization (direction to self-development and self-realization). However, the dominance of values of adaptation, socialization or individualization to some extent reflects the orientation towards the past, present or future, consequently. The described value types show obvious dependence on a particular time locus and have different relation to the past, the present and the future.

**Key words:** values, value systems, time, personality time perspective.

#### Streszczenie

Artykuł podejmuje problemy przemiany ludzkiej osobowości, przedstawiono w nim wyniki badań ukazujące system wartości człowieka w perspektywie czasowej. Opracowana przez autorów tego tekstu typologia wartości w oparciu o koncepcję R. Ingleharta zakłada istnienie trzech niezależnych typów społeczno-kulturowych: orientacji na wartości przystosowania (bezpieczeństwo fizyczne i ekonomiczne), socjalizacji (orientacja w kierunku norm oraz wartości przyjętych w społeczeństwie) lub indywidualizacji (ukierunkowanie na własny rozwój i samorealizację). W konsekwencji dominacja wartości przystosowania, socjalizacji lub indywidualizacji w pewnym zakresie odzwierciedla orientację w kierunku przeszłości, teraźniejszości lub przyszłości. Opisane typy wartości wykazują zależność od konkretnego miejsca, czasu i mają odmienne odniesienie do przeszłości, teraźniejszości i przyszłości.

**Słowa kluczowe:** wartości, systemy wartości, czas, osobowość w perspektywie czasu.

Human life is limited in time and how it will be saturated, with what content a man will fill his existence, what goals he will set and which of them will be of higher or lower priority, is largely determined by the type of culture and system of

values peculiar to him. Value system defines not only the forms and conditions for the man's needs realization, but it becomes the source of his goals, guiding and correcting goal-setting process. Orientation to a particular system of values provides a basis for means and goals choosing, for their selection and evaluation, i.e. not only controls, but also directs man's activities. Thus, value orientation system determines life prospects, „vector” of personality development, being his most important internal source and mechanism.

Our own developed value system typology, based on the concept of R. Inglehart is presupposed the existence of three independent socio-cultural types: orienting to the values of adaptation (intention to physical and economic security), socialization (orientation towards the norms and values adopted in the society) or individualization (direction to self-development and self-realization). However, the dominance of values of adaptation, socialization or individualization to some extent reflects the orientation towards the past, present or future, consequently. As it was shown previously at the same time behind the locus of the past adaptive function can be seen and behind the locus of the future – a function of development, self-realization. It is also confirmed by our previous studies, according to which people with high conciseness of the past are often referred to adapting type and with high conciseness of the future – to self-realizing, individualizing type<sup>1</sup>. Thus, the described value types show obvious dependence on a particular time locus and have different relation to the past, the present and the future. In this context, the peculiar features research of personality time perspective in representatives of different value types is of understandable interest.

Nowadays there are many approaches to the study of time perspective. Focus on some of them is the dominance of a certain time orientation, the seconds – the emotional valence of the past or the future, the thirds – the continuity between the past, the present and the future, etc.

F. Zimbardo distinguishes two aspects in relation to the past: negative (it seems unpleasant and nauseates); positive (past experience and pleasant times are seen as pleasant, with a hint of nostalgia). The author also highlights two aspects related to the present: the hedonistic – when the present is evaluated, without any regret about the consequences of behavior and further committed acts; fatalistic – when people believe in fate and obey it, thinking of changes as impossible. In relation to the future only one aspect is distinguished – the general orientation towards the future, which is characterized by the presence of plans and goals as well as behavior aimed at their implementing. The time perspective is considered, on the one hand, as situationally-deterministic, and on the other – as relatively stable process, i.e. as a personality trait. Excessive con-

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<sup>1</sup> M.S. Yanitskiy, *Tsennostnyie orientatsii lichnosti kak dinamicheskaya sistema* / M.S. Yanitskiy. – Kemerovo: Kuzbassvuzizdat 2000, s. 204.

centration on one of the times is determined by cultural, educational, religious factors, social class belonging, etc. The time perspective forms the foundation upon which many other processes are based, such as achievement, goal setting, risk behavior, new experiences search, different addictions, guilt experience etc.<sup>2</sup>

F. Zimbardo and J. Boyd also distinguish balanced, flexible time perspective, which allows to select a suitable time orientation for each particular situation. Such time orientation is the most optimal for man's functioning in the society. In their view, the profile of such time perspective is the following high level of the time perspective „Positive past”; moderately high level of the time perspective „Future”, a moderately high level of the time perspective „Hedonistic present”; low level of the time perspective „Negative past”; low level of the time perspective „Fatalistic present”<sup>3</sup>.

The instructions on interconnections between subjective perception of time with the culture or society features are also found in other authors. Accordingly, the purpose of our study was to analyze the features of personality time perspective **in** representatives of different value systems. We proceeded from the assumption **that the influence of orientation on the various value systems of personality time perspective** is associated with the specific conditions of socialization in the appropriate culture sphere and different conditions for life choice strategies and self-realization.

249 people aged 18 to 30 years of both sexes took part in the study, carried out by online testing. The study group included representatives of the following ethno-cultural communities: Russian, Ukrainians, Tatars, Buryats, **Tuvas, Altais, Teleuts**, Tajiks, Chechens, Avars, Armenians, Greeks, Maris, Mordvinians. In this case, we didn't aim to achieve a representativeness of sample or equal representation of ethnic groups. Ethnic and cultural heterogeneity test was designed to maximize the diversity of cultural and value types.

Belonging to adapting (A), socializing (S), individualizing (IND) or intermediate (INT) type of value system was determined by R. Inglehart technique, which we modified<sup>4</sup>. For the diagnosis of personality time perspective the Zimbardo time perspective technique was used (Zimbardo Time Perspective Inventory – ZTPI), modified by A. Syristova, T.E. Sokolova, O.V. Mitina<sup>5</sup>, as well as the method „Semantic differential of time” (SDT) by L.I. Wasserman,

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<sup>2</sup> A. Syristova, *Metodika F. Zimbardo po vremennoy perspektive* / A. Syristova, E.T. Sokolova, O.V. Mitina // „Psihologicheskaya diagnostika” 2007, no. 1, c. 85–105.

<sup>3</sup> F. Zimbardo, Dzh. Boyd, *Paradoks vremeni. Novaya psihologiya vremeni, kotoraya uluchshit vashu zhizn.* – SPb.: Rech, 2010, s. 352.

<sup>4</sup> M.S. Yanitskiy, *Modifikatsiya metodiki R. Ingleharta dlya izucheniya tsennostnoy strukturyi massovogo soznaniya* / M.S. Yanitskiy // *Sibirskaya psihologiya segodnya: Sbornik nauchnyih trudov.* – Kemerovo: Kuzbassvuzizdat, 2002, s. 189–195.

<sup>5</sup> A. Syristova, *Metodika F. Zimbardo po vremennoy perspektive* / A. Syristova, E.T. Sokolova, O.V. Mitina // „Psihologicheskaya diagnostika” 2007, no. 1, c. 85–105.

E.A. Trifonova, K.R. Czerwinskaya<sup>6</sup>. Student's t-test was used during statistical processing of data. Data processing was carried out using the software package STATISTICA V6.1

The analysis of the results for factors ZTPI of value types identified with the help of modified R. Inglehart technique (Table 1) showed the presence of time perspective common invariant characteristics: among all value-related types the highest rates are found on a factor „Positive past”, the lowest – on a factor „Fatalistic present”. At the same time, there were significant differences on a variety of factors. A characteristic feature of the time perspective of adapting value type is relatively low **data** on most factors ZTPI, especially those characterized by the factors „Negative past” and „Future”, which indicates a certain being turned towards the past as a source of positive experience and example for its reproduction at the present t.e it indicates some conservatism and a decrease of purpose and meaningfulness for the future. Those who orient towards the values of socializing, in contrast, are characterized by the highest data on all factors except „Negative past” that can generally indicate more positive self-esteem, some dissatisfaction with their current situation and the desire for the pleasure from their lives. The representatives of individualizing value type stand out among the rest with the highest data on the factor „Negative past” and the lowest – on the factor „Fatalistic moment” that can be interpreted as a kind of „emancipation” from the past experience, as well as the desire for sense, which can be manifested according to V. Frankl, in the limitation of pleasure needs. Such data are, in general, quite consistent for the overall portrait of this type, characterized by internality and orientation to personal growth and development. Those who were related to the intermediate value type show the lowest data on a factor „Hedonistic present” that probably indicates certain frustration of significant needs.

**Table 1. Data on factors ZTPI in the described value types**

Factors ZTPI	Value type				Differences at $p < 0,05$ in pairs
	A	S	IND	INT	
Negative past	2,34	2,81	2,89	2,85	A-S; A-INDT; A-INT
Positive past	3,51	3,78	3,69	3,57	A-S; S-INT
Hedonistic present	3,16	3,41	3,28	3,04	A-S; S-INT; IND-INT
Fatalistic present	2,69	2,71	2,64	2,68	
Future	3,23	3,54	3,47	3,50	A-S

*Note.* A– adapting, S – socializing, IND – individualizing, INT– intermediate.

<sup>6</sup> L.I. Vasserman, *Semanticheskiy differentsial vremeni: ekspertnaya psihodiagnosticheskaya sistema v meditsinskoj psihologii: posobie dlya vrachey i meditsinskih psihologov* / L.I. Vasserman, E.A. Trifonova, K.R. Chervinskaya. – SPb., 2009, s. 44.

**Table 2. Data on SDT factors in the described value types**

Factors SDT	Value type				Differences at $p < 0,05$ in pairs
	A	S	IND	INT	
<b>Present</b>					
Time activity	4,42	3,83	5,22	3,49	
Time emotional coloring	6,92	8,07	7,16	7,44	
Time value	5,38	7,32	6,76	6,79	
Time structure	3,23	5,05	3,33	4,37	
Time perceptibility	6,19	5,23	4,51	5,51	
The average value of time estimation	5,23	5,90	5,40	5,52	
<b>Past</b>					
Time activity	0,31	1,67	3,07	1,43	
Time emotional coloring	4,19	6,29	6,49	4,32	
Time value	3,85	5,73	6,16	5,21	
Time structure	-0,42	2,88	2,27	1,43	A-C
Time perceptibility	0,50	1,77	2,04	1,14	
The average value of time estimation	1,68	3,67	4,01	2,71	A-C; A-I
<b>Future</b>					
Time activity	1,38	2,42	3,67	2,37	
Time emotional coloring	8,69	10,29	8,96	9,79	
Time value	7,92	10,90	10,40	10,20	A-C
Time structure	4,73	6,81	5,93	6,29	
Time perceptibility	4,42	4,04	3,36	4,75	
The average value of time estimation	5,43	6,89	6,47	6,68	
<i>Note.</i> A – adapting, S – socializing, IND – individualizing, INT – intermediate.					

The positive results were received on all SDT („Semantic differential of time”) factors in all time locuses in all value types (Table 2). The highest average data of future evaluation and the lowest ones of past evaluation were also got for all value types. Besides, there is some variability in the evaluation of the past and the future. Thus, the meaning of „Time structure” factor in relation to the past was significantly lower in the representatives of adapting value type than in respondents of socializing and individualizing value types that may indicate a much less orderliness and meaningfulness of ideas about the past when targeting to adaptation values. In the relation to the future data of „Time value” factor were also significantly lower in the representatives of adapting type, reflecting their frustration, some relatively low semantic content of the future and life prospects narrowing. In general, adapting value type is characterized by the lowest data for the past, the present and the future; socializing value type – the highest data for their present and future; individualizing one – for their past.

It probably reflects the differences in sense experience strategy of life events, depending on the level of the value system, which is confirmed by the results of our previous studies on the significance of different time loci of sense while experiencing extreme situations. As it has been previously shown, namely rethinking the past is the most conducive to coping when dealing with the past experience of sense extreme situation (among the respondents who showed the dynamics of realizing the past – not important – positive or negative). The average significantly better post-stress patterns were diagnosed. The less expressed tendency was observed on semantic locus of the present, and in the case of the future even reverse situation was observed. At the same time, the most unfavorable experiences corresponded with the absence of any reconsideration of their past, present and future<sup>7</sup>.

Thus, our research leads to the following preliminary conclusions: relationship to time is one of the essential characteristics of value system and depends on the level of its development – from the dominance of adaptation values to the orientation towards **individualization** values. Focus on adaptation values caused by frustration of physical and economic security needs, is associated with the orientation towards the past, the positive coloring of which is accompanied by low level of meaningfulness of life experienced period that seems to reflect the effects of intrapsychic adaptation, in particular – the defense mechanisms of repression and denial. Orientation to the socialization values, „borrowed” from the social environment, is linked with the desire to live in the present, high evaluation of this life period and, at the same time, dissatisfaction with the current social situation, that is a source of development.

Focus on „autonomous” values of individualization is manifested in the conscious orientation towards the future with simultaneous high meaningfulness and inner adoption of the negatively perceived past. But the dissatisfaction of achieved self-realization serves as a basis for life goals changing or means of their achieving for the respondents of individualizing value types. The received results can be used in practice as proper psychological counseling, in particular, on the experiences of life crises, and in the frameworks of psycho-pedagogical support of life and professional identity process.

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<sup>7</sup> M.S. Yanitskiy, M.S. Ivanov, A.A. Utyuganov, *Izmenenie osmyslennosti proshlogo, nastoyashego i buduschego kak mehanizm perezhivaniya ekstremalnykh situatsiy* // „Sotsialnyie i humanitarnyie nauki na dalnem Vostoke” (g. Habarovsk), no. 2(34), 2012, s. 124–130.

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