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OSNOVE PSIHOLOGIJE



Seminarska naloga:

Zimbardo - Teorije perspektive časa

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## **UVOD**

Zimbardo pravi, da paradoks časa ni en sam, temveč serija paradoksov ki oblikujejo naša življenja ter usode.

Prvi paradoks je, da je čas eden izmed najbolj vplivnih dejavnikov na naše misli, čustva in dejanja, vendar se večino časa ne zavedamo njegovega učinka na naša življenja.

Drugi paradoks je, da je vsak specifičen odnos do časa, oziroma do perpektive časa, povezan z številnimi koristmi, vendar v preveliki količini s še večjimi izgubami.

Tretji paradoks je, da je individualni odnos do časa naučen skozi osebne izkušnje, vendar kolektivni odnos do časa vpliva na usodo nacije.

V tej seminarski nalogi Vam bova na kratko predstavili perpektive časa, Marshmallov eksperiment, kako lahko sami preverite, kako dojemate katero od dimenzij časa (priloga 1 in 2) ter kako to vpliva na samo življenje.

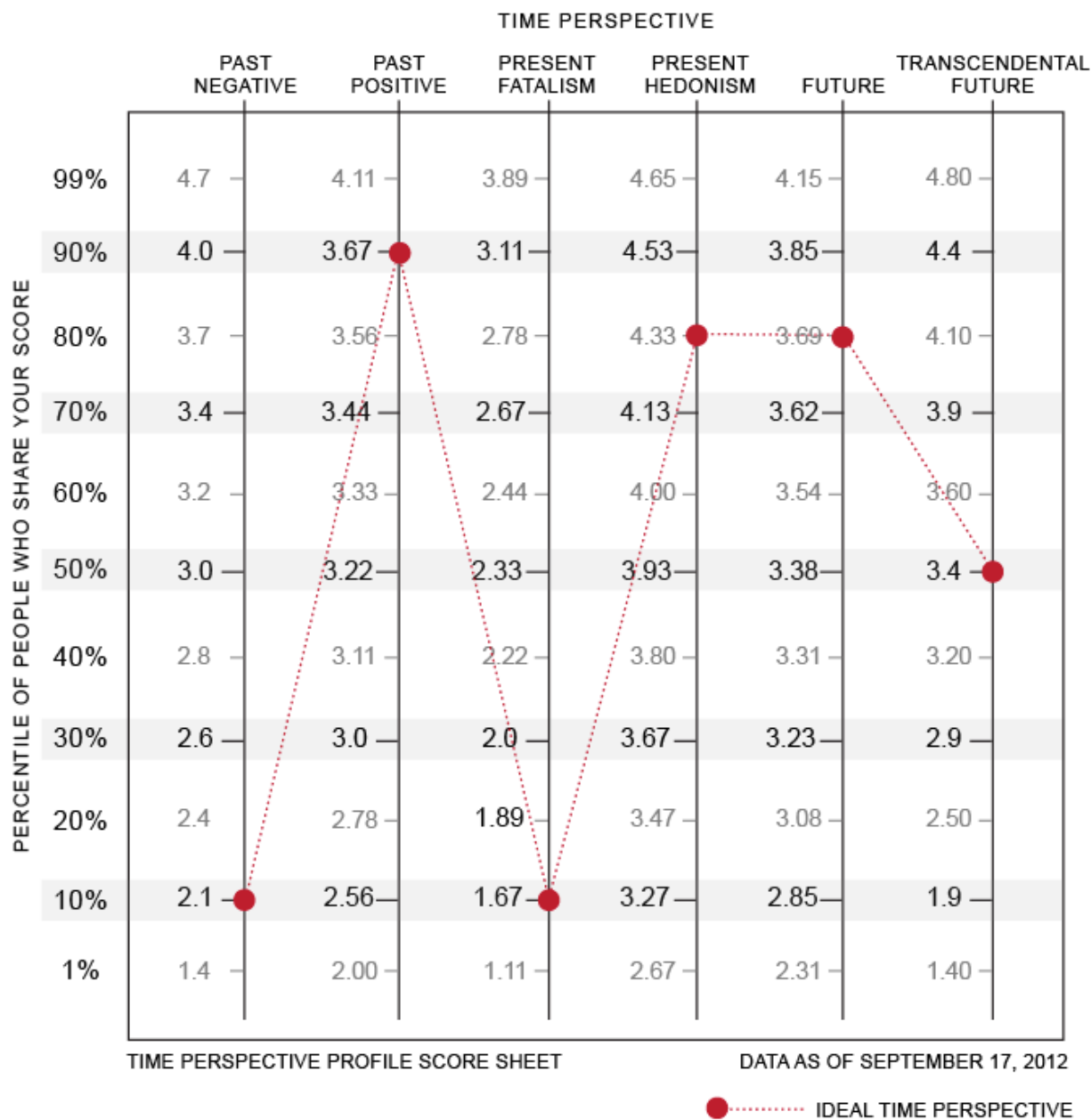
## STANFORDOV MARSHMALLOV EKSPERIMENT

Marshmallow eksperiment je originalno izvedel Walter Mischel leta 1972 z otroci, starimi 4 leta, ki so dobili tako imenovano slaščico marshmallow. Dovoljeno jim jo je bilo pojesti takoj, vendar če so počakali, da se odrasli izvajalec odide iz sobe in se po določenem času vrne, so dobili še eno slaščico. Tukaj se potem otroci razdelijo na dve skupini, na tiste, ki lahko počakajo in dobijo še en marshmallow, torej so bolj orientirani na prihodnost, in na tiste, ki svojega ugodja ob uživanju slaščice ne morejo preložiti na prihodnost, torej so bolj orientirani na sedanost. Hipoteza namreč pravi, da je naša osebnost močno zaznamovana glede na naš odnos do časa (Carroll, 2012). Med temi otroci, ki so različno orientirani, torej na sedanost ali prihodnost, se po tem, ko dopolnejo 18 let, poznajo velike razlike v osebnostnih značilnostih. Po 14 letih eksperimenta jih je Walter Mischel intervjujal, pokazale pa so se velike razlike med njimi. Otroci, ki ne zmorejo počakati so postali bolj muhasti, neodločeni, ljubosumni, nevoščljivi. Niso se naučili relacije če-potem, posledic ter priložnosti, zato so se tudi v šoli slabše izkazali. Otroci, ki so počakali pa so se bolje izkazali pri maturi, postali so bolj uspešni, tekmovalni, samozavestni, čustveno stabilni, bolje delajo pod pritiskom in se bolje zanašajo sami nase. Pred četrtem letom starosti noben otrok ni zmožen počakati, zaradi razvojne stopnje možganov, pri štirih letih to stori ena tretjina, vendar čedalje starejši so, več otrok lahko počaka (Zimbardo-Marshmallow experiment, 2010).

## ZTPI - Zimbardo Time Perspective Inventory REZULTATI - optimalni rezultati

Tabela 1: Število pridobljenih točk v testu Zimbardo Time Perspective Inventory (Priloga 1)

Vir: <http://www.thetimeparadox.com/surveys/>



Vertikalna tabela 1 nakazuje, koliko ljudi na svetu je dobilo (ima) katero število točk, ki predstavljajo

odnos do posamezne perspektive časa. Prav tako pa so s strani avtorjev vprašalnika izpostavljeni optimalni rezultati oz. razmerja med časovnimi perspektivami, kot so si jih oni zamislili.

Tabela je zastavljena tako, da pri vsaki časovni perspektivi povprečje sovпада z vrednostjo 50% na vertikalni liniji. Torej pri negativni preteklosti, povprečje znaša 3.0, optimalna vrednost pa 2.1; pri pozitivni preteklosti je povprečje 3.22, optimalna pa je 3.67; pri sedanjosti usodni je povprečje 2.33, optimalna 1.67; pri hedonistični sedanjosti povprečje 3.93, optimalna vrednost pa je 4.33; pri prihodnosti je povprečje 3.38, optimum pa 3.69; pri transcendentni prihodnosti je povprečje 3.4, kar pa obenem predstavlja tudi optimum.

## PERSPEKTIVE ČASA

Vsak človek operira s tremi večjimi kontinuumi časa - preteklost, sedanjost in prihodnost, vendar dominira samo eden kontinuum. Naša perspektiva pa ima velik vpliv na našo vzgojo, izobraževalne možnosti, socialno-ekonomski položaj, versko prepričanje in dojemanje geografske lokacije. Tisti, ki so orientirani na preteklost, se odločajo glede na spomine. Orientirani na sedanjost odločitve sprejemajo glede na trenutno situacijo, orientirani na prihodnost pa glede na pričakovane posledice (Zimbardo in Boyd, 1999).

### Preteklost - pozitivna

Past-positive perspektiva časa zajame odnos do preteklosti, ne pa objektivno stvarnost dobrih ali slabih dogodkov. Pozitiven odnos do preteklosti se lahko odraža do pozitivnih dogodkov, ki so se dejansko zgodili, ali do pozitivnega "mindseta", ki dovoli posamezniku, da 'potegne' najboljše iz težkih situacij. Psihološko, kar posameznik verjame, da se je zgodilo v preteklosti, vpliva na misli sedanjosti, sedanja čustva ter obnašanje bolj kot kar se je dejansko zgodilo. Nietzschejeva misel "kar me ne ubije me ojača" lepo zajame ta odnos do časa. Ljudje, ki doživijo averzivne (nezaželjene) dogodke, ter se jih spominjajo v pozitivni luči lahko postanejo bolj odporni ter optimistični (Zimbardo in Boyd, 2009).

### Preteklost - negativna

Kot past-positive perspektiva časa, tudi past-negative ocenjuje osebni odnos do dogodkov, ki so se zgodili v preteklosti. Negativni odnos je lahko zaradi tega, ker so bili dejanski dogodki negativni ali pa zaradi trenutne negativne rekonstrukcije dogodkov, ki so lahko bili popolnoma neškodljivi. Čeprav noben ne more spremeniti poteka dogodkov v preteklosti, lahko spremenimo svoj odnos ter prepričanja do stvari, ki so se zgodile (Zimbardo in Boyd, 2009).

## Sedanjost- usodna

Velikokrat se pojavlja v povezavi z religijo, še posebej Islamsko, saj ljudje verjamejo, da so del Božjega plana, ter da je Bog že vnaprej določil potek njihovega življenja. Pojavljajo se pa tudi študentje na dobrih fakultetah, katerih sedanjost-usodna je dominantna perspektiva časa. Sedanjest-usodna govori predvsem o posameznikovem prepričanju, da je njegov obstoj, ter vse kar se mu zgodi odvisno od usode, ter da sam ne more nič spremeniti, da njegovo življenje ni v njegovih rokah. Ljudje z dominantno perspektivo časa sedanjest-usodna, so lahko nesrečni, nezainteresirani v karkoli, saj nič kar naredijo nima nobenega pravega pomena, njihov pogled na svet je 'kar bo, pa bo'. Lahko tudi jemljejo prepovedane substance ter prakticirajo nezaščitene spolne odnose, saj ne verjamejo, da bo ne uživanje drog ali prakticiranje zaščitene spolnih odnosov kakor koli spremenilo prihodnje dogodke. Uporabniki drog, ki imajo visok faktor sedanjesti-usodne bodo statistično bolj verjetno delili igle ter ostale pripomočke kot tisti, ki imajo nizek faktor sedanjesti-usodne (Zimbardo in Boyd, 2009).

Sedanjest-hedonistična predstavlja perspektivo časa, ki je vezana na trenutno ugodje ter impulzivnost. Hedonistični ljudje uživajo v vseh stvareh, ki jim prinesejo užitek, ter se izogibajo vsem stvarim, ki bi jim lahko povzročile bolečino. Hedonisti aktivno iščejo užitek. Ljudje, ki imajo to perspektivo kot dominantno, načeloma ne dajo veliko pomisleka na prihodnost, ter velikokrat živijo življenje preko svojih zmožnosti. Prav tako je to povezano tudi z ekscesivnim uživanjem alkohola, prepovedanih substanc ter spuščanjem v nezaščitene spolne odnose. Izogibajo vseh in vsega, kar smatrajo kot dolgočasno. Se zelo dobri prijatelji, ter izredno zabavna družba, so pa tudi emocionalno stabilni. Čeprav je dobro uživati v danem momentu, ter živeti življenje vsakodnevno, je ključ zmernost (Zimbardo in Boyd, 2009).

## Prihodnost

Pogosto se pojavlja pri judih in protestantih, prav tako ima oseba več možnosti za dominantno perspektivo časa prihodnost, če je iz stabilne družine, okolja, ter imajo doma zadostno količino denarja, če je izobrazena, če ima redno zaposlitev, če ima vzornike, ki so orientirani na prihodnost (Zimbardo in Boyd, 2009).

Prihodnost, kot perspektiva časa, se kaže v ljudeh, ki razmišljajo vnaprej, ter so se sposobni odreči trenutnim užitkom za poznejše zadovoljstvo (v angleško govorečih državah se temu pojavu reče 'delayed gratification' oziroma 'zadovoljstvo z zamudo'). Ljudje, ki so orientirani na prihodnost, so praviloma uspešnejši v šoli, od svojih sošolcev, ki so orientirani npr. v sedanjest (katerokoli), točni, organizirani, bolje rešujejo probleme, ter se zavedajo svoje umrljivosti. Prav tako se učijo iz svojih napak ter izogibajo socialnim pastem. Praviloma so proti uživanju opojnih substanc, ter redno obiskujejo zdravnika. Kritika je edino, da včasih nekateri preveč gledajo na prihodnost in pozabijo živeti tudi v sedanjem trenutku (Zimbardo in Boyd, 2009).

## Prihodnost - transcendentna

Transcendentna perspektiva časa se navezuje na 'življenje' po smrti, govori o tistem, kar se zgodi, ko duša zapusti naše telo, raztegne se od smrti fizičnega telesa do večnosti. Praviloma so transcendentno



orientirani verni ljudje, še posebej muslimani, kristjani, protestanti ter pripadniki drugih religij. Le ti so nagnjeni k obiskovanju verskih obredov ter izvajanju čaščenja boga doma. Psihološko je transcendentna prihodnost ekvivalentna navadni prihodnosti, saj cilji, upanja in strahovi obeh prebivajo v prihodnosti. Trancedentna perspektiva časa pa vpliva tudi na obnašanje ljudi, saj posledice njihovih dejanj trajajo večno (Zimbardo in Boyd, 2009).

## SKLEP IN POVEZAVA S PREDAVANJI

Perspektive časa so povezane z vsemi aspekti našega življenja. Kako dojemamo čas, pove veliko o tem, kako dojemamo življenje.

Pri predavanjih, smo govorili o učenju, motivaciji in spominu. Pri uspešnosti v šolskem sistemu, je pomemben pojem 'zadovoljstvo z zamudo', ter razmišljanje o prihodnosti. Prav zaradi tega so ljudje, katerim je dominantna perspektiva časa prihodnost, bolj uspešni v šoli, ter načeloma tudi kasneje v življenju, bolje dojemajo obveznosti ter so bolj notranje in storilnostno motivirani. Prav tako se s pojmom 'zadovoljstva z zamudo' v povezavi z učenjem srečamo pri eksperimentu z marshmallowi, kjer lahko že pri otrocih vidimo razlike pri dojetanju časa, te razlike pa se z leti samo še stopnjujejo. Zimbardo je dokazal, da gre otrokom, ki so sposobni malo počakati, kasneje bolje v šoli ter na maturi.

Prav tako je preteklost, kot perspektiva časa vezana na naš spomin, saj je od njega odvisno, kateri dogodki nam bodo ostali v dolgotrajnem spominu, ter v kakšni luči se jih bomo spominjali.

Pri prihodnjih predavanjih pa bomo obravnavali psihologijo osebnosti, katere so sestavljene iz večih teorij. Časovna perspektiva Freudove teorije predstavlja preteklost, Skinnerjeve oz. behavioristične teorije, sedanjost, ter humanistične, prihodnost.

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**PRILOGA 1 - Zimbardo Time Perspective Inventory (ZTPI)**

Subject Number: \_\_\_\_\_

*Read each item and, as honestly as you can, answer the question: “How characteristic or true is this of you?” Check the appropriate box using the scale. Please answer ALL of the following questions on both sides.*

**Very Untrue**  
**Neutral Very True**

	1	2	3	4	5
1. I believe that getting together with one’s friends to party is one of life’s important pleasures.					
2. Familiar childhood sights, sounds, smells often bring back a flood of wonderful memories.					
3. Fate determines much in my life.					
4. I often think of what I should have done differently in my life.					
5. My decisions are mostly influenced by people and things around me.					
6. I believe that a person’s day should be planned ahead each morning.					
7. It gives me pleasure to think about my past.					
8. I do things impulsively.					
9. If things don’t get done on time, I don’t worry about it.					
10. When I want to achieve something, I set goals and consider specific means for reaching those goals.					
11. On balance, there is much more good to recall than bad in my past.					
12. When listening to my favorite music, I often lose all track of time.					
13. Meeting tomorrow’s deadlines and doing other necessary work comes before tonight’s play.					
14. Since whatever will be will be, it doesn’t really matter what I do.					
15. I enjoy stories about how things used to be in the “good old times.”					
16. Painful past experiences keep being replayed in my mind.					

17. I try to live my life as fully as possible, one day at a time.					
18. It upsets me to be late for appointments.					
19. Ideally, I would live each day as if it were my last.					
20. Happy memories of good times spring readily to mind.					
21. I meet my obligations to friends and authorities on time.					
22. I've taken my share of abuse and rejection in the past.					
23. I make decisions on the spur of the moment.					
24. I take each day as it is rather than try to plan it out.					
25. The past has too many unpleasant memories that I prefer not to think about.					
26. It is important to put excitement in my life.					
27. I've made mistakes in the past that I wish I could undo.					
28. I feel that it's more important to enjoy what you're doing than to get work done on time.					
29. I get nostalgic about my childhood.					
1. Before making a decision, I weigh the costs against the benefits.					

**Very Untrue**  
**Neutral Very True**

	1	2	3	4	5
31. Taking risks keeps my life from becoming boring.					
32. It is more important for me to enjoy life's journey than to focus only on the destination.					
33. Things rarely work out as I expected.					
34. It's hard for me to forget unpleasant images of my youth.					
35. It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products.					
36. Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences.					
37. You can't really plan for the future because things change so much.					

38. My life path is controlled by forces I cannot influence.					
39. It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.					
40. I complete projects on time by making steady progress.					
41. I find myself tuning out when family members talk about the way things used to be.					
42. I take risks to put excitement in my life.					
43. I make lists of things to do.					
44. I often follow my heart more than my head.					
45. I am able to resist temptations when I know that there is work to be done.					
46. I find myself getting swept up in the excitement of the moment.					
47. Life today is too complicated; I would prefer the simpler life of the past.					
48. I prefer friends who are spontaneous rather than predictable.					
49. I like family rituals and traditions that are regularly repeated.					
50. I think about the bad things that have happened to me in the past.					
51. I keep working at difficult, uninteresting tasks if they will help me get ahead.					
52. Spending what I earn on pleasures today is better than saving for tomorrow's security.					
53. Often luck pays off better than hard work.					
54. I think about the good things that I have missed out on in my life.					
55. I like my close relationships to be passionate.					
56. There will always be time to catch up on my work.					

Vir: Zimbardo, G. P. in Boyd, J. (2009). *The time paradox: the new psychology of time that will change your life*. New York: Free press.

**PRILOGA 2 – The ZTPI Psychometrics and Scoring Key  
(5-Factor Solution; 36.0% of variance explained)**

(CSM Fall 1996 (205), Stanford Preselection Winter 1996 (76) and Spring 1996 (224) Samples),  
Winter 1997 (99)

**Scoring Instructions**

Before scoring the ZTPI, 5 items must be reverse coded. For the items that are reverse coded (9, 24, 25, 41, & 56):

“1” becomes a “5”

“2” becomes a “4”

“3” becomes a “3”

“4” becomes a “2”

“5” becomes a “1”

After reverse coding the 5 items, add your scores for the items that comprise each factor. After adding your scores for each factor, divide the total score by the number of questions that comprise each factor. This results in an average score for each of the five factors. These are the formulas:

**Past Negative**

Add your scores on items 4, 5, 16, 22, 27, 33, 34, 36, 50, & 54. Then divide this number by 10.

**Present Hedonistic**

Add your scores on items 1, 8, 12, 17, 19, 23, 26, 28, 31, 32, 42, 44, 46, 48, & 55. Then divide this number by 15.

**Future**

Add your scores on items 6, 9 (reverse coded), 10, 13, 18, 21, 24 (reverse coded), 30, 40, 43, 45, 51, 56 (reverse coded). Then divide this number by 13.

**Past Positive**

Add your scores on items 2, 7, 11, 15, 20, 25 (reverse coded), 29, 41 (reverse coded), & 49. Then divide this number by 9.

**Present Fatalistic**

Add your scores on items 3, 14, 35, 37, 38, 39, 47, 52, & 53. Then divide this number by 9.  
KMO Measure of Sampling Adequacy = .83

**Factor #1: Past Negative**

Mean=2.98    SD=.72    Min=1.00    Max=5.00

**No.    Loading    Question**

50	.759	I think about the bad things that have happened to me in the past.
16	.694	Painful past experiences keep being replayed in my mind.
34	.674	It's hard for me to forget unpleasant images of my youth.
04	.657	I often think of what I should have done differently in my life.
54	.630	I think about the good things that I have missed out on in my life.
27	.547	I've made mistakes in the past that I wish that I could undo.
22	.490	I've taken my share of abuse and rejection in the past.
36	.472	Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences.
33	.434	Things rarely work out as I expected.
05	.407	My decisions are mostly influenced by people and things around me.

**Factor # 2: Present Hedonistic**

Mean=3.44    SD=.51    Min=2.00    Max=4.80

<b>No.</b>	<b>Loading</b>	<b>Question</b>
42	.707	I take risks to put excitement in my life.
31	.702	Taking risks keeps my life from becoming boring.
26	.558	It is important to put excitement in my life.
23	.515	I make decisions on the spur of the moment.
08	.506	I do things impulsively.
17	.501	I try to live my life as fully as possible, one day at a time.
48	.454	I prefer friends who are spontaneous rather than predictable.
32	.452	It is more important for me to enjoy life's journey than to focus only on the destination.
44	.448	I often follow my heart more than my head.
55	.445	I like my close relationships to be passionate.



46	.445	I find myself getting swept up in the excitement of the moment.
01	.424	I believe that getting together with one's friends to party is one of life's important pleasures.
19	.381	Ideally, I would live each day as if it were my last.
28	.360	I feel that it's more important to enjoy what you are doing than to get work done on time.
12	.323	When listening to my favorite music, I often lose all track of time.

### **Factor #3: Future**

Mean=3.47    SD=.54    Min=1.62    Max=4.85

<b>No.</b>	<b>Loading</b>	<b>Question</b>
13	.628	Meeting tomorrow's deadline and doing other necessary work comes before tonight's play.
40	.614	I complete projects on time by making steady progress.
45	.611	I am able to resist temptations when I know that there is work to be done.
10	.556	When I want to achieve something, I set goals and consider specific means for reaching those goals.
51	.507	I keep working at difficult uninteresting work if it will help me get ahead.
18	.478	It upsets me to be late for appointments.
06	.463	I believe that a person's day should be planned ahead each morning.
21	.461	I meet my obligations to friends and authorities on time.
43	.455	I make lists of things to do.
30	.374	Before making a decision, I weight the costs against the benefits.
09	-.335	If things don't get done on time, I don't worry about it.
56	-.365	There will always be time to catch up on my work.
24	-.491	I take each day as it is rather than try to plan it out.

### **Factor #4: Past Positive**

Mean=3.71 SD=.64 Min=1.56 Max=5.00

<u>No.</u>	<u>Loading</u>	<u>Question</u>
07	.677	It gives me pleasure to think about my past.
29	.645	I get nostalgic about my childhood.
20	.637	Happy memories of good times spring readily to mind.
11	.627	On balance, there is much more good to recall than bad in my past.
15	.627	I enjoy stories about how things used to be in the “good old times”.
02	.620	Familiar childhood sights, sounds, and smells often bring back a flood of wonderful memories.
49	.470	I like family rituals and traditions that are regularly repeated.
41	-.448	I find myself tuning out when family members talk about the way things used to be.
25	-.522	The past has too many unpleasant memories that I prefer not to think about.

**Factor #5: Present Fatalistic**

Mean=2.37 SD=.60 Min=1.0 Max=4.67

<u>No.</u>	<u>Loading</u>	<u>Question</u>
38	.731	My life path is controlled by forces I cannot influence.
39	.682	It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.
14	.636	Since whatever will be will be, it doesn't really matter what I do.
37	.588	You can't really plan for the future because things change so much.
53	.455	Often luck pays off better than hard work.
03	.443	Fate determines much in my life.
35	.421	It takes joy out of the process and flow of my activities, if I have to think about goals, outcomes, and products.

- 47 .420 Life today is too complicated; I would prefer the simpler life of the past.
- 52 .338 Spending what I earn of pleasures today is better than saving for tomorrow's security.

Vir: Zimbardo, G. P. in Boyd, J. (2009). *The time paradox: the new psychology of time that will change your life*. New York: Free press.