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TIME PERSPECTIVE IN ADOLESCENTS WITH DEVIANT BEHAVIOR

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Abstract

The article presents data on the study of various aspects of personal time in adolescents with deviant behavior. The aim of this study is a comparative analysis of time perspectives and its components in adolescents with deviant behavior, demonstrating the signs of antisocial development. The study materials showed that adolescents with deviant behavior have the time perspective which is characterized by the importance for them of the negative past, substantial influence of the hedonistic present on the person's orientation and the unstructured negative future, narrowed and shortened perspective of the future. They have unstructured and partially structured vision of the future, imposed or planned from outside, more dependent on luck and circumstances than on their own efforts, uninteresting, inutile and useless. Motivational objectives of the future perspective in most adolescents with deviant behavior are in the visible present and the near future, have hedonistic focus and, for the most part, they belong to the category of social contacts and relationships with others and leisure activities. There has been defined irrelevant assessment of the complexity of their future, the lack of differentiation of their perceptions of various aspects of life. Adolescents with deviant behavior showed overall anticipatory untenability, prognostic incompetence on three of its components: time, space as well as the personal and situational component.

Keywords: Time perspective, past negative, past positive, hedonistic present, fatalistic present, anticipation.

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Introduction

The notion of time perspective as a separate subject of psychological studies has come to a focus since 1939, after it had been introduced by L. Frank in the description of the "life space" of an individual that includes the present, past and future.

K. Levin examined time perspective as a man's vision of his future or past in the present (inclusion of the past, future, real and ideal life plan in the context of a specific point in the present). K. Levin believed that there are different-scale units of psychological time relevant to the scope of life situations and defining the boundaries of psychological field of the current moment of life, including the vision of the person's future and past. All parts of the field are experienced subjectively as simultaneous. He believed that emotions and cognitive activity, related to the past and the future, may influence the emotions, actions and cognitive activity in the present. K. Levin singled out the zones of the present, the distant and the nearest past and future. In different contexts one of the orientations towards the present, future or past can dominate [Zeigarnik 1981: 104].

J. Nuttin in view of time perspective distinguished time orientation, time attitude and time perspective itself, as categories, related to different aspects of psychological time [2004: 608]. Intrinsic time perspective is characterized by length, saturation, depth, level of structure and realism. Time perspective is an overall positive or negative attitude of a person to the present, past or future.

To explain the functioning of time perspective J. Nutten offers an integrative explanatory model of motivational processes. Needs for interaction environment-individual depend on the environmental situation. If social conditions are perceived as unstable, an individual seeks comfort in interpersonal relationships, and if perceived as stable – in self-development. Motivation is oriented first and foremost on a goal, not a cause. It is important not only to adapt oneself to the world, but also to adapt the world to one's plans and needs, i.e. realization of a person in the world. These needs may not be inferred from other needs. J. Nutten believes that the ultimate basis of social, ideological and cognitive motivations may not be traced back to a physiological level. Motivation is directly related to higher levels of human functioning. In a person there are two differently-oriented trends. One is related to self-actualization, self-determination, need for achievement, self-preservation. The other is

related to dedication, affiliation, with the need to be in society with other people, have warm, emotionally meaningful relationships.

Another important aspect of J. Nutten's theory is the idea that transformation of needs into goals, behavioral projects and plans is the result of the interaction of cognitive and motivational processes. After such processing, needs become more specific and no longer irrational, there occurs an integration with the values of a person and his dynamic self-attitude. The perspective of the future is linked to motivation, moreover, the future represents the space for motivation. Nutten described time perspective and noted its "material" ("objective") component, which comprises mentally represented objects, localized in different time periods of the past and the future. These objects play a determinant role regulating behavior. Representation of the goal related to some need is inseparable from the localization of this goal at some point in the future and, thereby, from introducing time dimension in the dynamics of the behavior act. A blank time interval, which is not associated with a person's actions, leads to an increased psychological distance to the target. Personality with a high degree of time integration has time competence. The condition of realistic time perspective is the ability to perceive the relationship between actions and events (time integration). Longtime perspective contributes to the formulation of the far-off goals by the person and formation of long-term behavioral projects. A person with short time perspective is unable to see the distant future, he is focused on search for means and objectives to meet his current needs. Time perspective is the basis of the wealth and diversity of purposeful activity. People with structured and longtime perspective can better see the instrumental relationships between their behavior in the present and distant targets.

Time perspective was particularly studied by F. Zimbardo, J. Boyd [Zimbardo et al., 2010: 352; Zimbardo et al., 1999: 1271-1288], who defined it as a basis to build psychological time. Psychological time arises from the cognitive processes that divide a person's life by time borders into the present, past and future. On the basis of empirical analysis, F. Zimbardo and J. Boyd distinguished five aspects of time perspective: 1) negative past; 2) positive past; 3) hedonistic present; 4) fatalistic present; 5) orientation for the future. Time perspective of the transcendent future is separated. F. Zimbardo and J. Boyd consider time orientation, attitude and feelings as stable personality traits. The characteristics of time perspective show significant associations with personality and behavioral features (academic success, risk-taking, etc.) [Syrtsova et al. 2007: 85-106].

L.Kh. Makhiyeva considers the issue of the prospect of studying transcendental future in adolescence on the basis of correction developmental psychological approach, aiming to help a teenager, who in this age has an increased interest in the meaning of life, adapting positive comprehension of life and attitude towards death [2012].

P. Fraisse writes that time perspectives are possible when the individual is able to create his own future, which is new in relation to his history; and development of time perspective depends on his vision of feasibility of the future [Dukhnovski 2003: 124].

K.A. Abulkhanova-Slavskaya comes forth with the following classification of time perspectives: psychological, personality and life perspective. Psychological time perspective is a cognitive ability to anticipate and predict the future, present oneself in the future. Personal perspective is defined as the complete readiness to the future in the present, attitude to the future (readiness for difficulties and uncertainty in the future, maturity, etc.). Such perspective may be attributed even to people with poor, from cognitive point of view, unconscious vision of the future. Life perspective implies a complex of circumstances and conditions of life that facilitate optimal progress for human life [1991: 299].

An important characteristic of a person's time perspective is its differentiation; it is the degree of compartmentalization of the future on successive time stages, i.e. for the near and distant future. Motivation and behavior should be analyzed according to time localization, and not only to the content [Golovakha et al. 2008: 267].

Summarizing the above, it can be said that the formation of time perspective is affected by many factors. Despite the importance of the construct of time perspective there is still no theoretical unity in dealing with this problem. Some researchers explore the emotional richness of the past, present or future, others dwell on temporal dominance, others work on studying the relations in the triad "past-present-future". Time perspective is also seen in connection with the influence of sex, age, and socio-cultural factors (cultural values of the environment and domineering religious orientation, level of education, social and economic status and family models). Time perspective is studied as a component of personal regulation of life, as a source of self-determination and search for meaning of life.

Adolescence with all the features of crisis of this age is characterized by construction and comprehension of the person's time perspective. Its quality, on the one hand, attests to the level of development of the individual, and, on the other, on the aims of psychological

correction for teenagers who have difficulties of social adaptation, and opportunities for positive personal growth.

The aim of this study is a comparative analysis of time perspectives and its components in adolescents with deviant behavior, demonstrating the signs of antisocial development.

The study was conducted in the 1 Infectious Department of Tushinskaya Children's Hospital (department for vagrant children) of the Health Department of Moscow, where police outfits deliver children from the streets and those seized from the families in socially dangerous and life-threatening situations.

The experimental group consisted of young people aged 15-16. The surveyed 30 teenagers were orphans who were constantly escaping from family and social shelters, rehabilitation centers, vagabonds, committing minor offences, not wishing to study, occasionally using heavy drinks, toxic substances and smoking, leading early sex life.

The control group consisted of students of 9-10 classes aged 15-16 of the State Educational Institution Secondary School № 851 of the Southern Administrative District of Moscow. From the survey were excluded children with severe somatic diseases and head injuries as well as teenagers who committed wrongful acts.

When designing the psycho diagnostic complex we based on the principles of relevance of techniques to the targets, objectives and research hypothesis, matching the selected techniques to the characteristics of adolescence and the level of intellectual and speech development of the examinees, consistency and integrity of the study. Testing was conducted in small groups and individually.

Adolescents with deviant behavior had been consulted by psychiatrist prior to the testing to exclude mental pathology.

In both groups there was carried out experimental psychological research using the following methods:

– “Time Perspective Questionnaire” by Zimbardo. The technique had been developed by F. Zimbardo with the participation of J. Boyd for 20 years at Stanford University of the United States and was published in 1997. It has been adapted in many countries of the world, where it confirmed its reliability and validity. Translation to the Russian language and adaptation of these methods in Russia were accomplished by Syrtsova A., Sokolova Ye.T., Mitina O.V. in 2007. The technique allows the researchers to define the meaningful orientation of an

individual towards the past, present and future, considering the fact that time perspective is a fundamental aspect of constructing the psychological time of an individual.

– "Scale of Temporal Attitudes" technique designed by Van Kalster, modified by J. Nutten. "Scale of Temporal Attitudes" technique is designed to measure individual emotional evaluations in relation to the personal past, present and future. It is based on semantic differential elaborated by Ch. Osgood. Actually, it consists of three separate methods for study of subjective attitudes towards these time measurements and their content.

– "Dominant Motivation" technique developed by I.Yu. Kulagina and V.N. Kolyutskiy (version for adolescents) for studies of motivational sphere of the needs of adolescents with deviant behavior [2004: 464]. The technique was developed in 2004 and tested in the 2004-2005 in a number of secondary schools of the city of Moscow. The technique is designed to examine motivation developing in adolescence in accordance to the age periodization by D.B. Elkonin. The aim of the technique is to identify the nature of adolescent's dominant motivation related to the system of his value orientations, to the type of the world of his life and the way it affects the process of self-determination (working out of his life plans or life design).

– "Test of Anticipatory Tenability (Predictive Competence)" technique by [2010: 50-59] V.V. Mendelevich provides an opportunity to evaluate the ability of a person with a high probability to anticipate the course of events, forecast development of situations and his own reactions to them, as well as to behave proactively in terms of time and space [Lomov et al. 1980: 279]. Anticipatory tenability includes personal situational predictive ability, space and time predictive competence.

While processing the received data the criterion of Pearson χ^2 was used.

Table 1 presents the results of the analysis of the time orientation characteristics of the surveyed teenagers. The table shows that 41.9% of deviant teenagers are focused on the negative past that proves its significance. The past of adolescents in this group includes psychological trauma, abuse, neglect of intimate relationships, pain and hurt, protest and disgust. 59.1% of them are focused on the hedonistic present. The most significant for them is "here and now", if this time is filled with pleasure and pastimes. Enjoying the present moment, they don't regret the further consequences of the current behavior and deeds.

Table 1.
Representation (in %) of Different Options for Time
Orientation in the Surveyed Groups of Adolescents

TP Group	TPNP	TPPP	TPHP	TPFP	TPF
EG	41,90	0	59,10	0	0
CG	0	31.40	16.70	0	51.90
χ^2	15.00	10.59	11.92	–	21.80

Note: highlighted are significant indices

EG – experimental group

CG – control group

TPNP – time perspective of the negative past

TPPP – time perspective of the positive past

TPHP – time perspective of the hedonistic present

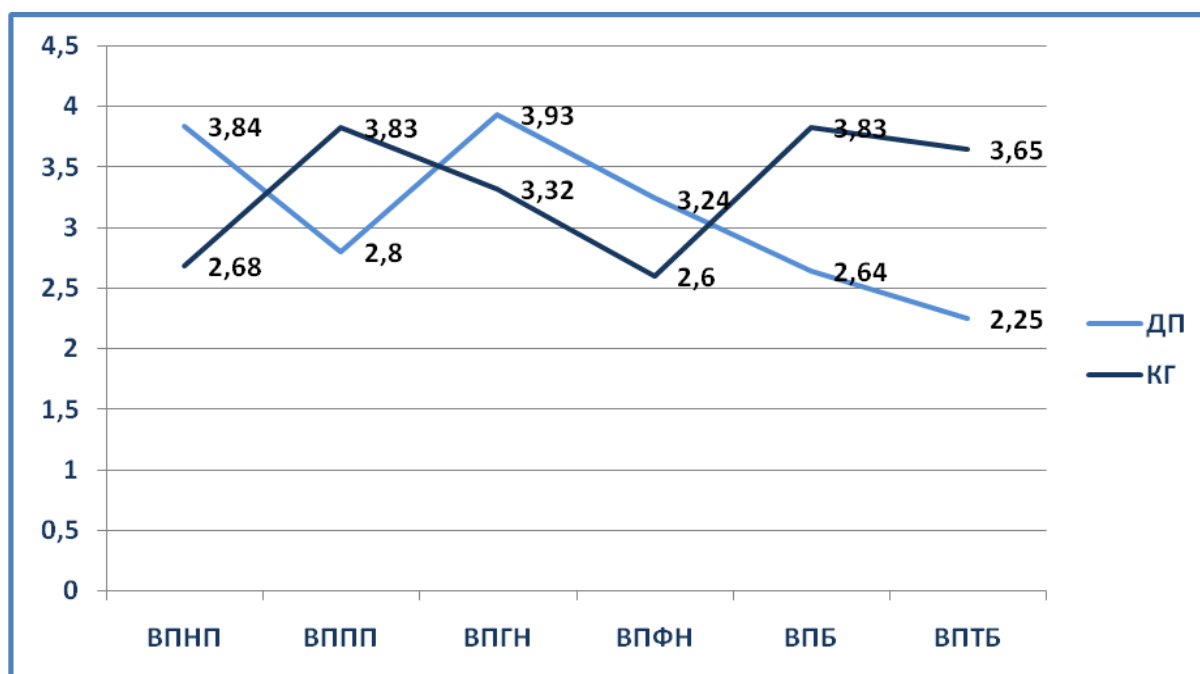
TPFP – time perspective of the fatalistic present

TPF – time perspective of the future

In the control group 31.4% of teenagers are focused on the positive past. Time perspective of the positive past suggests warm, positive attitude of the individual to his own past, with a touch of nostalgia. 16.7% of teenagers have the hedonistic-oriented present. 51.9% of teenagers are oriented towards time perspective of the future. The orientation towards the future is characterized by the presence of goals and plans for the future, as well as behavior towards their implementation. 13.3% of teenagers in this group are characterized by time perspective of the transcendent future, which enables the motivation to go beyond the limits set by death.

Both groups of teenagers did not demonstrate orientation toward the fatalistic present, indicating a rejection of the belief that the future is predetermined, and the focus of the future does not require one's own activity.

F. Zimbardo and co-authors distinguish balanced time perspective (orientation) which is a psychological construct associated with a flexible switching between reflections on the past, present and future, depending on situational requirements, assessment of resources, personal and social evaluations [2010]. For a description of this construct, the average numbers were calculated for each aspect of the choice in the experimental and control groups, and time perspective profiles have been designed (Picture).



Note: DT – deviant teenagers (experimental group)

CG – control group. Other signs – see App. to Table 1

Picture. Time Perspective Profiles of the Surveyed Teenagers

According to the authors of the questionnaire, the optimal time perspective profile is characterized by the following combination of factors: a high score on the scale of the “Positive Past”, a quite high score on the scale of the “Future”, an average score on the scale the “Hedonistic Present”, low scores on the scales of the “Negative Past” and the “Fatalistic Future”.

The data displayed in the picture, suggest that the time perspective profile in the control group is almost optimal. The time perspective profile of the experimental group is characterized by

a focus on the “Hedonistic Present” with the “Negative Past”, an average score on the scale the “Fatalistic Present”, low scores on the scales the “Positive Past” and the “Future”. Therefore, adolescents with deviant behavior are characterized by reduced proactive position.

Adolescents with deviant behavior are mostly oriented towards the hedonistic present and negative past; they have suboptimal profile of time perspective that defines no compromise or balance between the content of representations of the past experience, of the present and the views on their future – plans, intent and fantasies.

As indicated above, the “Scale of Time Attitudes” was used to measure individual affective attitudes towards the personal past, present and future. We remind that the time attitude is a positive or negative attitude of a person to the present, past or future in whole. The results of the study showed that 66.7% of the surveyed deviant teenagers have negative attitude to the past and only 20% have positive attitude (Table 2). 93.3% in the control group give a positive assessment of their past and only 3% give a negative one. The differences are statistically significant.

Table 2.

The Ratio (in %) between Indicators of Affective Attitude to the Past, Present and Future within the Surveyed Groups of Adolescents

Period	Past			Present			Future		
Attitud Group	Negative	Neutral	Positive	Negative	Neutral	Positive	Negative	Neutral	Positive
EG	66.70	13.30	20.00	20.00	20.00	60.00	23.30	6.70	7000
CG	3.30	3.30	93.30	3.30	10.00	86.70	0	6.70	93.30
χ^2	26.44	1.96	32.85	4.04	3.27	5.45	7.92	0	5.45

Note: highlighted are significant indices

EG – experimental group

CG – control group

Positive attitude to their present was recorded in 60% of adolescents in the experimental group and 86.7% in the control one. Negative attitude towards their present was demonstrated

by 20% in the experimental group and 3.3% in the control group. The differences are statistically significant.

Positive attitude towards their future was found in 70% of adolescents with deviant behavior and 93.3% in the control group. Negative attitude towards their future was demonstrated by 23.3% of teenagers in experimental group and in the control group this index is zero. The differences are statistically significant.

Neutral attitude to the past, present and future is characteristic from 2% to 6% of the deviant adolescents and from 1% to 3% in the control group. The differences are not statistically significant.

Summarizing the described data provides evidence that deviant teenagers mostly have negative attitude towards the past, and positive – towards the present and the future. Negative attitude towards the present and future was shown by 20% of deviant adolescents.

For a more detailed study of attitudes towards the future there was used the "Multifactor Scale of Attitudes towards the Future" by J. Nutten [2004]. The following factors were studied: the structure of the future, internal control, its degree of complexity, value, remoteness in time and total affective assessment (Table 3).

Table 3.

Representation (in %) the Ratios for the Future on Multi-Factor Scale among the Surveyed Teenagers

Factor	Components of the factor	Group	%	Number	χ^2
1. Structuredness	Unstructured	EG	20	6	4.04
		CG	3	1	
	Partially structured	EG	30	9	2.46
		CG	13	4	
	Structured	EG	50	15	7.50
		CG	83	25	
2. Internal Control	Weak	EG	40	12	11.88

	Partial	CG	3	1	0.42	
		EG	23	7		
	Norm	CG	17	5	11.59	
		EG	37	11		
	3. Degree of complexity	Simple	EG	40	12	11.88
			CG	3	1	
Average		EG	23	7	0.42	
		CG	17	5		
Norm		EG	37	11	11.59	
		CG	80	24		
4. Value	Absent	EG	33	10	9.02	
		CG	3	1		
	Minor	EG	20	6	4.04	
		CG	3	1		
	Norm	EG	47	14	15.56	
		CG	93	28		
5. Distance in time	Visible Present	EG	30	9	7.68	
		CG	3	1		
	Close Future	EG	20	6	0.11	
		CG	17	5		
	Distant Future	EG	50	15	5.93	
		CG	80	2		

6. General affective assessment	Low	EG	33	10	12.00
		CG	0	0	
	Average	EG	20	6	0.48
		CG	13	4	
	High	EG	47	14	10.80
		CG	87	26	

Note: highlighted are significant indices

EG – experimental group (deviant teens)

CG – control group

Here we are considering differences between teenagers in the surveyed groups on the factors that were analyzed. We remind that under structuring of the future we refer to possible planned sequence of reaching the goal.

The image of the future is structured in half (50%) adolescents with deviant behavior, however, they consider it chaotic. The second half of teenagers have unstructured (20%) or partially structured vision of the future (30%) compared with adolescents in the control group (83.3%). The differences are statistically significant.

Internal control factor analysis shows that 40% of deviant adolescents believe that their future depends on luck and circumstances, rather than on their own efforts and opportunities, planned and imposed from the outside, and is not their personal. 23% of deviant teenagers consider their future to be personal, but to a greater extent dependent on luck and circumstances than on their efforts and opportunities.

Only 37% of adolescents in the experimental group believe that their future is personal, do not allow others to impose and plan something in their lives, but also more often consider it dependent to a great extent on luck and circumstances than on their efforts and opportunities.

Analysis of the complexity factor has shown that 80% of adolescents in the control group are confident that their future is something personal that emanates from them, depending on their efforts and capacities planned by themselves.

16.7% of adolescents in the control group are confident that their future is personal, coming from them, planned by them, but increasingly dependent on luck and circumstances than on

their efforts and opportunities. For 3.3% of adolescents in the control group, the future does not depend on them and is imposed from the outside.

Differences of adolescents in the surveyed groups on the factor of evaluability of the future are as follows: 40% of deviant teenagers believe that their future is simple, unproblematic and conflictless. 23% of deviant adolescents believe their future is simple, but rather problematic, conflictual. 37% think that it is complex, problematic and full of conflicts.

Adolescents in the control group (80%) believe their future is rather complicated, difficult and with enough problems, but with minimal conflicts, which corresponds to the relevant, realistic assessment of the life situation. 16.7% of adolescents in the control group assume the average complexity of their future and hope for a minimum amount of problems and conflicts. Only 3.3% believe their future cloudless.

Differences in the assessment of their future between adolescents of the surveyed groups were as follows. More than half (53%) of deviant adolescents consider their future inutile, empty and useless, and 33% of them even boring and uninteresting. In the control group such an assessment of the future was given by a little more than 6% of teenagers. 47% of deviant adolescents believe that their future is interesting, full, but almost worthless and useless. 93.3% of adolescents in the control group describe their future as interesting, valuable, complete and useful.

Comparison of the data on the factor of remoteness in time found that 30% of deviant teenagers can imagine only the immediate future (visible future), 20% – the near future. The second half of the group of deviant teenagers have goals in the distant future.

80% of adolescents in the control group have a long-term perspective of the future, the majority of their goals are in the distant future. For 16.7% of teenagers of this group placed their major goals in the near future. Only 3.3% see their goals in the visible present.

The ratio of different types of common affective assessment of the future in the surveyed groups of teenagers were as follows. 33% of deviant adolescents assessed their future as unpleasant, even terrible, dark and cold, repulsive. 20% of teenagers in this group feel that their future is unpleasant, but not repulsive, or dark and cold. 50% of teenagers in the experimental group hope that their future will be pleasant, bright and warm, most likely, attractive (while in the control group this figure was 86.7%). Half of the adolescents with deviant behavior negatively (with varying degrees of severity) treat their future, assess it as

inutile, empty and useless, imposed from the outside, not planned by themselves, dependent on luck and circumstances. It can be concluded that they have inadequate assessment of their own future. Most of the goals of this group of teenagers are in the zone of the visible future and the near future.

The study carried out on the "Dominant Motivation" technique found the prevalence of certain types of adolescent motivation related to their system of values and the type of life world, affecting the process of self-determination (formation of life plans and designs).

Table 4 shows that 18.7% of deviant teenagers have hedonistic motivation which complies with the principle of pleasure, 13.3% – egocentric motivation, which complies with the principle of reality, 16.7% – spiritually moral motivation, which complies with the principle of valuability.

In the control group 93.3% of teenagers have spiritual and moral motivation, 6.7% – egocentric motivation. Hedonistic motivation was not found. The differences are statistically significant.

Table 4.

The Ratio (in %) Types of Dominant Motivation in the Surveyed Groups of Teenagers

Group	Hedonistic motivation	Egocentric motivation	Spiritual and moral motivation
EG	71.00	12.30	16.70
CG	0	6.70	93.30
χ^2	32.31	0.74	35.65

Note: highlighted are significant indices

EG – experimental group

CG – control group

Most deviant teenagers (70%) have hedonistic motivation that reflects a lack of hierarchy in motivational sphere, based only on needs related to the hedonistic attitude.

Results of the study carried out on the "Anticipatory Tenability Test" technique by V.D. Mendelevich, are presented in Table 5; they state the predictive incompetence of deviant

teenagers (90%), indicating a low level of development in all three components: time, spatial component as well as the personal and situational component.

Table 5.

The Ratio (in %) Anticipatory Tenability Indicators (Predictive Competence) in the Surveyed Groups of Adolescents

Teenagers	Total AT		Personal situational component of the AT		Spatial component of the AT		Time component of the AT	
	T	U	T	U	T	U	T	U
EG	10.00	90.00	–	100	10.00	90.00	–	100
CG	96.70	3.30	96.70	3.30	96.70	3.30	76.70	23.30
χ^2	45.26	45.11	56.13	56.13	45.27	45.27	37.30	37.3

Note: highlighted are significant indices

EG – experimental group

CG – control group

Differences identified statistically significant correlations, which can serve as a basis for the conclusion that deviant adolescents have general anticipatory untenability, prognostic incompetence on three components: time, space and personal and situational component, indicating a low level of development of anticipatory abilities to ensure the success of forecasting activities.

In general, the study materials showed that adolescents with deviant behavior have the time perspective which is characterized by the importance for them of the negative past, substantial influence of the hedonistic present on the person's orientation and the unstructured negative future, narrowed and shortened perspective of the future. They have unstructured and partially structured vision of the future, imposed or planned from outside, more dependent on luck and circumstances than on their own efforts, uninteresting, inutile and useless. Motivational objectives of the future perspective in most adolescents with deviant behavior are in the visible present and the near future, have hedonistic focus and, for the most part, they belong to the category of social contacts and relationships with others and leisure activities. There

has been defined irrelevant assessment of the complexity of their future, the lack of differentiation of their perceptions of various aspects of life.

Adolescents with deviant behavior showed overall anticipatory untenability, prognostic incompetence on three of its components: time, space as well as the personal and situational component.

The results of the research make it possible to define a significant area of corrective work, pursuing the goal of successful socialization, correction of the image of the future with fixation on close and distant goals, ways to achieve them, choices when solving various tasks, and predicting the effects of the actions.

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