



NATIONAL RESEARCH  
UNIVERSITY

Faculty of social science, Applied Social Psychology

# **THE RELATIONSHIP OF TIME ORIENTATION, SELF-CONTROL AND LIFE SATISFACTION AMONG RUSSIAN HIGH-SCHOOL STUDENTS**

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# GENERAL ISSUE

Nowadays at schools the problem connected with life satisfaction of teenagers has become more and more popular area of research. It could directly influence their psychological health and progress in study. However, it should be noted that the perception of time boundaries, or time perspective, level of self-control can also affect the feeling of happiness.



# THEORETICAL BACKGROUND

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**life satisfaction** is a cognitive assessment process that depends on comparing one's life and circumstances with others via considered standard (Kim & Jeong, 2017).

**time perspective** consider as an unconscious process in which personal and social life experiences are framed into time categories that help to give sequence to events, order and meaning (Zimbardo & Boyd, 2006).

**self-control** refers to the ability by which person can change their own reactions and bring them in line with ideals, values, morals and social expectations, also self-control is important for maintaining the pursuit of long-term goals (Baumeister, Vohs & Tice, 2007).



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# PROBLEM STATEMENT

While life satisfaction, self-control and time perspective among adults have been already investigated, they have received less attention with regard to children and adolescents.

## **Novelty of the study**

To our knowledge, this is the first attempt to investigate temporal perspective and life satisfaction especially among this age-group (14-18) and in this social context.



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# RESEARCH QUESTION AND GOAL OF THE STUDY

- **Research question:**
- How does time orientation and self-control relate to life satisfaction of adolescence?
- **Aim of the study** is to investigate the relationship between time perspective (past, present, future), self-control and life satisfaction among high-school students.



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# HYPOTHESES

**H1.** Life satisfaction is positively associated with Present hedonistic and Future time perspective among adolescence.

**H2.** Life satisfaction is negatively associated with Past negative and Present fatalistic time perspective among adolescence.

**H3.** Self-control moderates the relationship between life satisfaction and time perspective.



# SAMPLE DESCRIPTION

Sample includes 177 students from 14 to 18 years old who study in educational school. The study participants were students of several schools in the city Voronezh.

Table 1

Socio-Demographic details ( $N=177$ )

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Gender

Male (%) 68(38.4)

Female (%) 109(61.6)

Age in years, M(SD) 15.6(1.04)

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# INSTRUMENTS AND MATERIALS

3 questionnaires have been administered :

1. The Satisfaction With Life Scale adapted for children (SWLS-C) (Gadermann, 2009);
2. Self-Scoring Self-Control Scale (Poluektova & Efremova, 2018);
3. Zimbardo Time Perspective Inventory (ZTPI) short version, 23-items (Orosz, Dombi, Tóth-Király & Roland-Lévy, 2017).





# RESULTS

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Firstly correlational analysis was used.

- The result is that Self-control has positive strong correlation with Past negative, Present hedonistic and Present fatalistic time perspective and strong negative correlation with Future time perspective.
- Also, self-control has strong negative correlation with life satisfaction. Life satisfaction has positive strong correlation with Past positive and Future time perspective and negative strong correlation with Past negative time perspective.



# RESULTS

Table 2. Correlations among study variables.

	Self-control	Life satisfaction	Past negative	Present hedonistic	Past positive	Future	Present fatalistic
Self-control	1	-.363**	.270**	.367**	-.032	-.567**	.424**
Life satisfaction	-.363**	1	-.172*	.047	.325**	.267**	-.110
Past negative	.270**	-.172*	1	.031	.063	-.215**	.338**
Present hedonistic	.367**	.047	.031	1	.068	-.128	.235**
Past positive	-.032	.325**	.063	.068	1	.048	.225**
Future	-.567**	.267**	-.215**	-.128	.048	1	-.206**
Present fatalistic	.424**	-.110	.338**	.235**	.225**	-.206**	1

\*\*p < .01

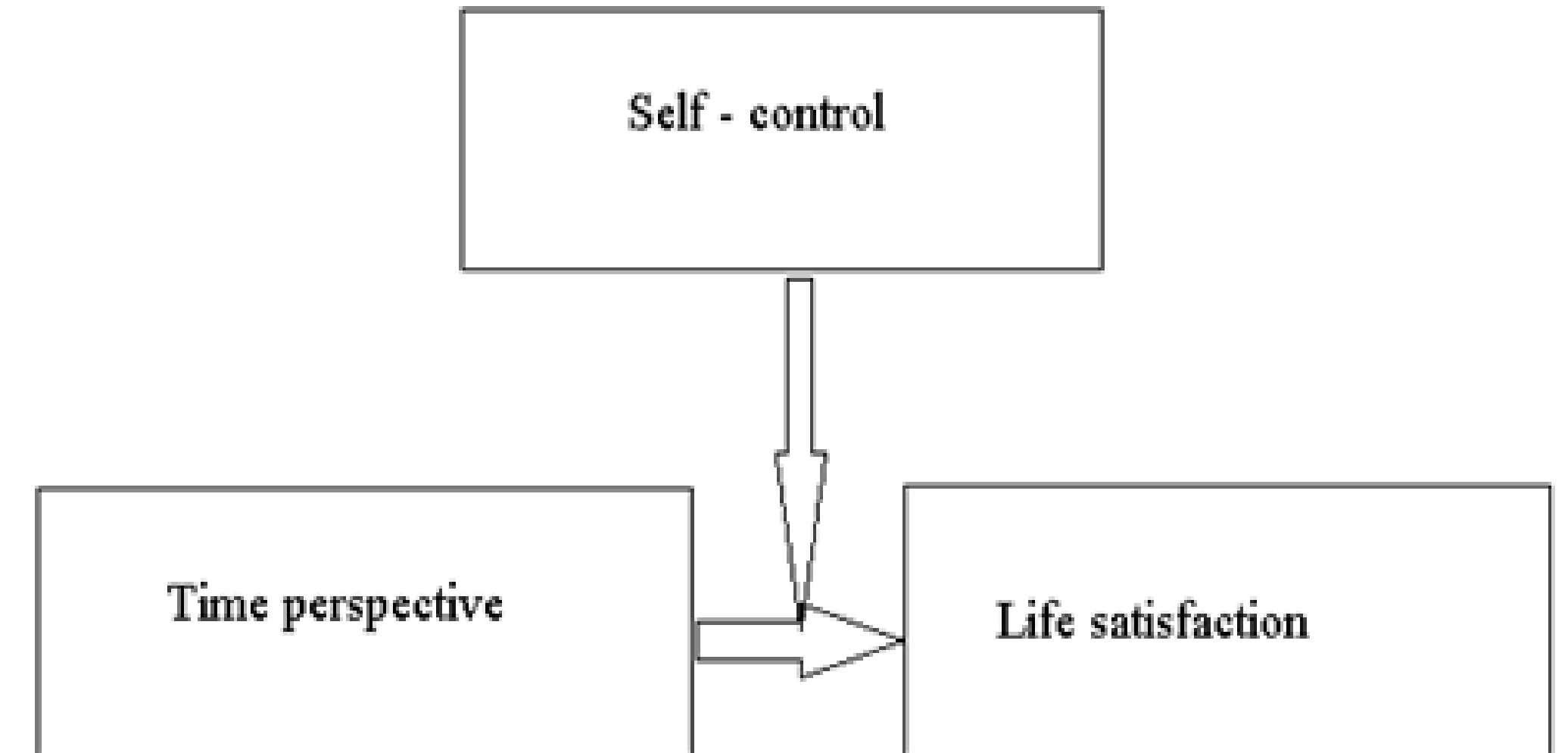
\*p < .05



# RESULTS

Then SPSS and PROCESS program were used to analyze the data. To test our hypotheses moderational analyses were performed. For moderation we use structural model, whereas self-control is moderator, Time Perspective – independent variable, Life satisfaction – dependent variable.

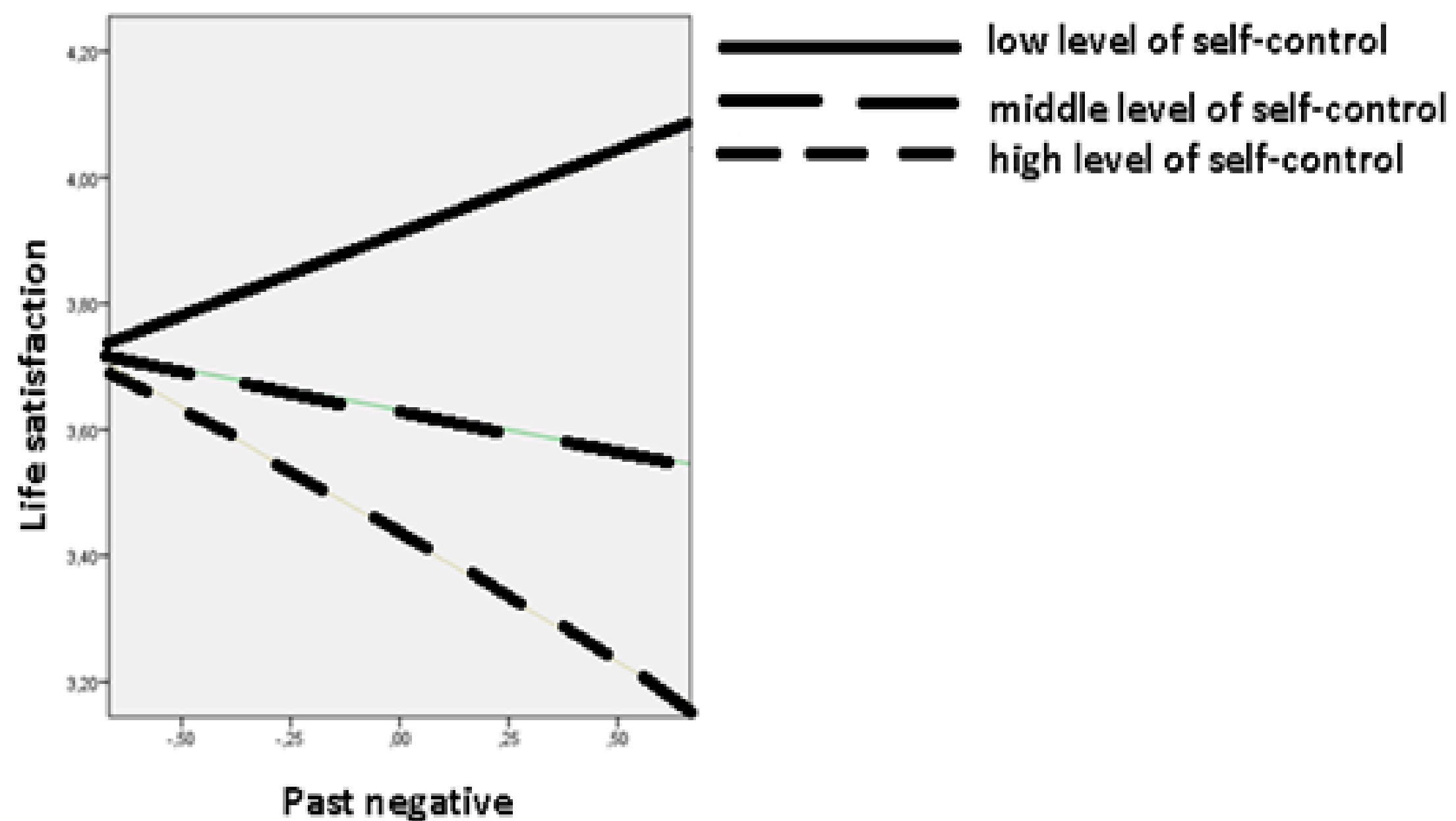
Fig.1. Structural model of moderational analysis.





# RESULTS

Fig 2. The effect of self-control as moderator between Life satisfaction and Past negative perspective scales



We run regression for Past negative time perspective via program PROCESS. Moderation is significant. The result is that  $R^2$  is .248,  $R^2$  changed by moderator (self-control) is .046.  $B = -0.551$ ,  $p = .007$ . Also, the result is that under higher level of self-control there is strong significant correlation,  $p = .013$

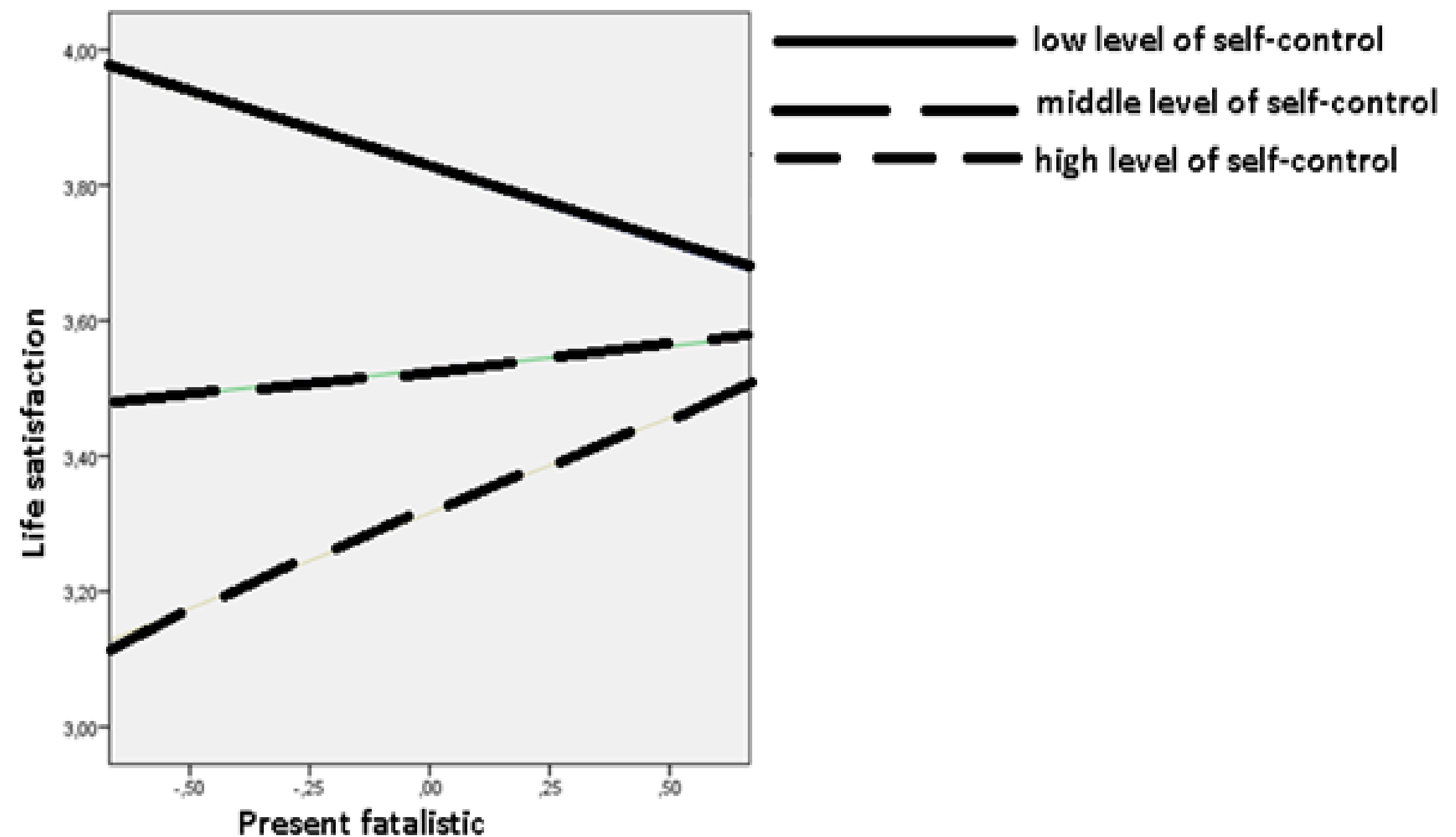


# RESULTS

Then we run regression for Present fatalistic time perspective via program PROCESS.

Moderation is significant. The result is that  $R^2$  is .219,  $R^2$  changed by moderator (self-control) is .022. That means that  $B = -0.422$ ,  $p = .047$ . Also the result is that under higher level of self-control there is strong significant correlation,  $p = .078$

Fig 3. The effect of self-control as moderator between Life satisfaction and Present fatalistic time perspective scales.





# DISCUSSION

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The results of study partly confirm our first two hypotheses.

- Firstly we found that Life satisfaction positively associated with Future and Past positive time perspective, but not with Present hedonistic (H1). That means that the more adolescents have higher level of life satisfaction the more they have Future and Past positive time orientation.
- On the contrary Life satisfaction negatively associated with Past negative, but not with Present fatalistic (H2). That means that the more adolescents focus on Past negative events the less happy they are.
- Also we found that after moderational analysis, significant changes occur between the variables Past negative and Life satisfaction; Present fatalistic and Life satisfaction (H3).





# CONCLUSIONS

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Based on the results of this study we made conclusions that:

- There is positive strong correlation between self-control and Past negative, Present hedonistic and Present fatalistic time perspective, but strong negative correlation between self-control and Future time perspective.
- Also we found contradiction with previous research, in our study Life satisfaction has negative significant correlation with self - control. That means that the higher level of self-control adolescents have the less happy they are.
- We found that after moderational analysis, significant changes occur between the variables Past negative and Life satisfaction; Present fatalistic and Life satisfaction.