



EXPLORING THE RELATIONSHIP BETWEEN TIME PERSPECTIVE AND INDIVIDUAL ADJUSTMENT LEVEL: A CORRELATIONAL STUDY

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Abstract:

The present research investigates the correlation between Time Perspective and individual Adjustment levels using correlational research design with stratified random sampling. Five distinct Time Perspectives, Present Hedonistic, Past Positive, Past Negative, Present Fatalistic, and Future, are examined alongside psychological adjustment as the primary variables of interest. Through scrupulous analysis, it was observed that individuals with Present Hedonistic, Past Positive and Future perspectives exhibit higher levels of correlation with Adjustment than those with Past Negative and Present Fatalistic perspectives. These findings illuminate the complex dynamics between Time Perspective and psychological adjustment, identifying possible causative factors for development of time perspectives and effects observed by certain time perspectives upon mental health of individuals illuminating adjustment and life satisfaction in individuals, and offering insights for interventions aimed at promoting adaptive coping mechanisms and fostering enhanced mental health outcomes among diverse populations.

Keywords: Time Perspective, Individual Adjustment, Correlational study, Present Hedonistic, Past Positive, Past Negative, Present Fatalistic, Future Time Perspective.

INTRODUCTION

Adjustment's literal meaning is to modify, adapt or rearrange. Adjustment refers to the behavioral process by which humans maintain equilibrium among them and their needs to overcome obstacles for their survival in the environment. Adjustment involves maintaining an equilibrium between needs that are physical, social, and psychological in nature and the circumstances impacting the satisfaction of these needs. Adjustment is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment (Good, 1959). We can think of adjustment as psychological survival like biologists use the term adaptation to describe physiological survival (Vanhaller, 1970). An individual's adjustment is adequate, wholesome, or helpful to the extent that he has established harmonious relationship between himself and the conditions, situations and persons who comprise his physical and social environment (Crow and

Crow, 1956). Adjustment is a continual process in which a person varies his behavior to produce a more harmonious relationship between himself and his environment (Gates and Jersild, 1948).

In general, the adjustment process involves four parts which includes a need in the form of a strong persistent stimulus, the nonfulfillment of this need, exploratory behavior accompanied by problem solving, and a response that removes or at least reduces the initiating stimulus and completes the adjustment.

Psychological adjustment refers to general feelings of wellbeing and satisfaction that individuals experience because of reduction of stress of living in the new culture. It is broadly affected by personality, life changes, coping styles and social support (Ward & Kennedy, 1999). Psychological adjustment focuses on psychological well-being and satisfaction and adaptation stresses on the ability of the adolescents to discover aesthetically appropriate skills and deal with interactive components of the host environment (Cetinkaya-Yildiz et al., 2011).

According to Haber and Runyon (1984) psychological adjustment can be defined in terms of five categories that include precise perception of reality, skill to cope with stress, a positive self-image, capability to express the full range of emotions and good interpersonal relations (as cited in Sabbir, 1999). The characteristics of a well-adjusted person include — self-awareness of one's own strengths and limitations, respectful approach towards oneself and others, sufficient aspiration, satisfaction of basic needs, behavioral flexibility, a realistic perspective of world and a balanced philosophy of life. The vital factors for fulfilling needs in a person's healthy adjustment include satisfaction of needs, no obstacle in achieving needs, strong motives in realizing them and a feasible geographical atmosphere to fulfil needs.

Adolescence encompasses significant emotional, intellectual and physical changes. It is a time when adolescents struggle with various adjustment problems. Janardhanam & Vinayaga Murthy (2020) investigated the adjustment among college students and found that the students aged between 18-20 years have poor adjustment. The failure to address these challenges can lead to adverse outcomes. Numerous studies have explored examined the impact of the same. Adolescents who have social and behavioral problems tend to be low achievers or even failed in academics in later years (Coie, Lochman, Terry, & Hyman, 1992; Masten et al., 1995; Ollendick, Weist, Borden, & Greene, 1992). Valas (2001) found that students' academic achievement was directly and indirectly related to their psychological adjustment.

Adolescents who struggle to resolve adjustment issues often develop insecurity, witness a decline in their academic performance, experience strained friendships, and encounter various conflicts (Yuwono et al., 2006). The implications of adjustment problems do not end here. Experiencing increasing adjustment issues can even elevate the likelihood of developing negative personality traits in adulthood (Ge, X., & Conger, R. D., 1999).

Understanding an individual's time perspective is essential for effectively addressing adjustment problems, as it significantly shapes their capacity to cope with such challenges. Stanford University psychology professor emeritus *Philip Zimbardo* coined the idea of time perspective. Time perspective, as defined by Zimbardo and Boyd refers to generally the nonconscious personal attitude that each of us holds toward time and the process whereby the continual flow of existence is bundled into time categories that help to give order, coherence, and meaning to our lives.

Time perspective (TP) corresponds to the way each person perceives and interprets experience, according to different time frames (Zimbardo & Boyd, 1999). Time perspective is linked to various psychological aspects of a person. According to Zhang et al. (2013), the study of subjective time demonstrates that happiness is associated with how people assign emotional value to their past, present, and future. Frazier et al. (2011) found that having a sense of control, especially over current stressful situations, is linked to improved adjustment. Additionally, they observed that having a feeling of control in the present is connected to a reduced likelihood of using avoidant coping strategies, such as social withdrawal.

In the review of literature, it was observed that the concept of a balanced time perspective (BTP) is of prominent interest. Making it one of the principal constructs in the field of positive psychology (Boniwell & Zimbardo, 2004). A balanced time perspective (BTP) has been proposed as a more

positive alternative than being dominated by any specific temporal bias (Boniwell & Zimbardo, 2004; Boyd & Zimbardo, 2005) BTP is characterized by having low scores on the past negative and present fatalism time perspectives along with having moderate to high scores on the past positive, present hedonism, and future time perspectives.

Having a balanced time perspectives is positively correlated with many aspects of psychological well-being. According to Webster, J. D. (2016)., balanced time perspective is positively correlated with ego-integrity and wisdom. Likewise, Zhang et al. (2013) reported similar findings regarding increased satisfaction with life, happiness, positive affect, psychological need satisfaction, self-determination, vitality, and gratitude as well as decreased negative affect all associated with having a balanced time perspective. This corroborates with the findings of Klamut et al. (2022).

Findings of a recent study by Moon, Lieber, Bayazitli, and Mello (2023), indicated that experiencing positive emotions about the past, present, and future was associated with lower anxiety levels, whereas feeling negatively about these time periods was associated with higher anxiety levels. Furthermore, one's time perspective not only shapes decision-making (Mehrotra et al. 2022) but also plays a pivotal role in psychological adjustment (Zajenkowski et al., 2020).

While many research studies have highlighted the benefits of having a positive time perspective, certain studies examine how specific time orientations can negatively affect one's psychological well-being.

Anagnostopoulos et al. (2012) identified a connection between a negative past perspective and the presence of trait anxiety and depression symptoms. This is supported by Germano et al., (2021) who revealed that higher past negative orientation as well as lower past positive orientation and self-control, correlate with higher levels of psychological distress. Zhang et al. (2013) found that individuals who held both past negative and present fatalistic time perspectives reported the lowest levels of subjective well-being. Continuing from this, Zabelina et al. (2018) observed that highly procrastinating individuals had a more negative outlook on past events in comparison to those with lower levels of procrastination. Dwelling on the past is linked to reduced self-esteem, and this pattern is consistent across all age groups, (Mello et al., 2022).

OBJECTIVES:

In consideration of the observations I have made, the objectives of this study are:

- 1) To assess the relationship between Time Perspective and Adjustment.
- 2) To study the effect of time perspective on adjustment.
- 3) To study the positive and negative effect of time perspective on adjustment.
- 4) To spread awareness about time perspective and various adjustment style.

REVIEW OF LITERATURE:

Research process enriches theoretical and practical scholarship in certain field of study. Review of previous research studies prior to commencement of further study helps researcher to identify gaps where further investigation is required. It also allows researcher to refine research problem and objectives and also allows to avoid redundancy, henceforth providing researcher with peculiar and required knowledge for fulfillment of research objectives. This section represents researches formerly done identifying the impacts of time perspective on psychological attributes of human behavior.

Jones, M. (2014) conducted a study on topic "*Exploring the relationships between time perspective and measures of wellbeing*" with a purpose of determining if a Balanced Time Perspective as defined by Zimbardo (1999) is actually associated with superior functioning in individuals when compared to those who exhibit an "unbalanced" Time Perspective. Two hypotheses were formulated, former being, subjects scoring higher on Past Positive, Present Hedonistic and Future would correlate more strongly with satisfaction with life, happiness, self-esteem, and coping self-efficacy than subjects with higher scores on Past Negative and Present Fatalistic. Pearson's correlation coefficient and Multiple Regression Analysis methods were used respectively. It was found out that combination of high scores on PP, PH and F and lower scores on PN and PF would

show inclination towards higher functioning; PN showed significant negative correlation whereas PP showed significant correlation towards Happiness and Life Satisfaction; also, it had a weak correlation with Future TP; Coping self-efficacy was significantly correlated with PP and negatively correlated with PF. The second hypothesis couldn't be reliably interpreted due to the large discrepancy between balanced and unbalanced groups. Webster, J. D. (2016) conducted a study on topic "*Reminiscence and Anticipation: How a Balanced Time Perspective predicts Psychosocial strengths*". Purpose of this study being identification of relationship between a BTP and two important psychosocial strengths; specifically, ego integrity and wisdom. Two hypotheses were formulated, these were, a Balanced Time Perspective will be positively correlated with attributional complexity, ego-integrity and wisdom, next hypotheses was BTP will explain unique variance in both ego-integrity and wisdom, variance accounted by demographic, health and attributional variables. Correlation and Regression analyses were used. It was found out that BTP positively correlates with ego-integrity and wisdom, although the correlation was weak for attributional complexity. Hence, persons who combine both of these time perspectives in a balanced manner might reap important psychosocial benefits related to psychological well being and important psychosocial strengths.

Anagnostopoulos, F., & Griva, F., (2012), in their study on "*Exploring Time Perspective in Greek young adults: Validation of the Zimbardo Time Perspective Inventory and relationships with Mental Health indicators*" worked upon examining the factorial structure of the ZTPI for Greek populations through EFA with oblique rotation, using PA as the method of determining its dimensionality, and to evaluate the reliability of the subscales and to test the convergent validity of ZTPI through association with mental health indicators (i.e., dispositional optimism, self-esteem, trait anxiety, depression, and proactive coping). It was found out that a future time perspective is related to an orientation toward calculating future gains and costs, thus proactively avoiding actions that are likely to be associated with negative future consequences. These authors have also suggested that the idealized balanced time perspective would include moderate levels of future and present-hedonism, blended with high levels of past-positive time perspective, and low levels of past-negative and present-fatalism.

Germano, G., & Brenlla, M. E. (2021), in their study on topic "*Effects of Time Perspective and self-control on psychological distress: A cross-sectional study in Argentinian sample*" have considered an additional dimension of ZTPI, present, which was constructed considering both present hedonistic and present fatalistic items. The aim was to examine the relationship among TP, self-control and PD. It was found out that Psychological Distress (PD) was positively related to past negative, present hedonistic, present fatalistic, and present; and negatively related to past positive and self-control. PD was not related significantly to future. Self-control was positively related to future and negatively related to past negative, present hedonistic, present fatalistic, and present. Zhang, J.W., et al. (2013) worked upon "*Comparing three methods to measure a balanced time perspective: The relationship between a balanced time perspective and subjective well-being*". The results demonstrated that having a BTP is related to increased satisfaction with life, happiness, positive affect, psychological need satisfaction, self-determination, vitality and gratitude as well as decreased negative affect.

Mello, Z. R., et al. (2022) conducted research on topic "*Thinking about past, present and future: Time Perspective and self-esteem in adolescents, young adults, middle-aged adults, and older adults*". This study showed that thinking more about the past was associated with lower self-esteem, and that this relationship was observed across all age groups. Thinking about future was greatest for adolescents and young adults and lower for middle-aged and older adults, and thinking about the present increased across ages; fewer adolescents and middle-aged participants perceived that the time periods were interrelated compared to younger and older adults; greater emphasis towards past was associated with lower self-esteem, whereas emphasizing the present and the future jointly was associated with higher self-esteem.

Moon, J., et al. (2023) in their study on topic "*An examination of multi-dimensional time perspective and mental health outcomes*" have found out that feeling positively about the past,

present, and future was negatively associated with anxiety, whereas feeling negatively about these time periods was positively associated with anxiety; depressive symptoms, anxiety and rumination had generally weak to strong negative associations with positive time feelings and positive time feelings and positive associations with negative time feelings. *Klamut, O., et al. focused upon "A Balanced Time Perspective and Burnout Syndrome in the Corporate World"*. This study identified three components of burnout, namely, emotional exhaustion, depersonalization, feelings of personal achievement. It was found that DNTP (Deviation from a Negative Time Perspective) has a negative correlation with emotional exhaustion, i.e., greater the deviation from a negative time perspective profile, the lower the emotional exhaustion results. Balance of positive characteristics from each time perspective leads to a healthy psychosomatic lifestyle, which in consequence is a determinant of mental wellbeing.

Drug use and teasing are problems of immense significance, specially, in adolescents. *Mello, Z.R., & Moon, J. (2022)* have based their study on topic "*Time buffers teasing and lessens tobacco use: The moderating role of time perspective on bullying victimization and tobacco use in adolescents*". Present study showed that the association between bullying victimization and tobacco use in adolescents was moderated by time perspective dimensions (orientation and relation). Moderated regression analyses indicated that perceiving all time periods as important (time orientation) and interrelated (time relation) minimized the positive association between bullying victimization and tobacco use in adolescents. Time orientation moderated the association between bullying victimization and tobacco use.

Mehrotra, S., et al. (2022) have worked upon research problem "*Relationship between decision-making, time perspective and stress*". Results showed a significant association between decision-making styles, time perspective, and stress. Further, decision-making was found to be influenced by temporal orientations and stress levels. Results of the current study revealed that there was a positive correlation between rational style and the dimensions of Time Perspective. Through this study it was suggested how temporal orientation and stress level can affect the way one assesses choices and makes decisions. Effect of age on Time Perspective have also grasped attention of researchers. In the study conducted by *Laureiro-Martinez, et al. (2017)* on topic "*Time Perspective and age: A review of age associated differences*", it was found out that older people are less negative about the past and less present hedonistic.

In an article presented by *Kwapinska, M. S. (2009)* on topic "*Forms of Present Time Orientation and Satisfaction with life in the context of Attitudes towards Past and Future*". The focus of interest in this article is on the relationship between present time orientation and satisfaction with life. Three forms of present time orientation are analyzed, namely, hedonism, fatalism, and active concentration. In obtained result it was stated that in both the women's and men's group, the stronger the feeling of being satisfied with life, the less convinced they were of the lack of influence of the present on the future, the more often they focused on events that were happening at that time and the more convinced they were of the value of every moment of life. No results for the hedonism factor were statistically significant. *Zajenkowski M., et al. (2020)*, in their study on topic "*Deviation from the balanced time perspective: A systematic review of empirical relationships with psychological variables*" have shown that the findings refer to a number of psychological phenomena, including well-being, mental health, personality, cognitive functioning, self-control, interpersonal relations, as well as biological features and demographic variables. In the discussion, it was concluded that, in the light of the reviewed research applying DBTP, BTP appears to be an important mechanism of adaptation, with particularly pronounced effects on well-being. They have also highlighted potential pathways for future research on the phenomenon of temporal balance.

Adjustment has been described as the process of maintaining a balance between the needs such as physical, social, psychological and the circumstances that influence the satisfaction of these needs. *Janardhanam, V., & Murthy, P. V., (2020)* in their research on topic "*Adjustment among college students*" have found out males have poor adjustment than females. It was also found that students studying arts course have better adjustment than students studying other courses, and students of age 18-20 years have poor adjustment than students of age 21-24 years. In the study conducted by *Ge,*

X., & Conger, R.D. (1999) on topic “*Adjustment problems and emerging personality characteristics from early to late adolescence*” have found out that increasing adjustment problems created additional risk for personality profiles that threaten adult social and instrumental competencies (i.e., high negative emotionality, low positive emotionality and low constraint), net of the overall level of adjustment problems. Lipka, O., et al. (2020) in their study on topic “*Adjustment to Higher Education: A Comparison of Students With and Without Disabilities*” examined adjustment among higher education among students with disabilities from a multifaceted perspective (being academic, social, emotional, institutional). It was found out that students with disabilities as a whole reported lower adjustment than did controls.

Hypotheses:

H1: Hedonistically present time-oriented people would be highly adjusted to their counterparts with past negative and present fatalistic perspectives

H2: The positively past oriented people will be highly adjusted than their counterparts with future, present fatalistic and past negative perspectives.

H3: Future oriented people will be highly adjusted than past negative and present fatalistic perspectives.

METHOD

Research Design:

The current research paper incorporates Correlational Research design, i.e., the relationship between the following variables is studied without a variable. The study aims to explore how these variables are related without intervening to change them directly. Hence, the study focuses upon identifying the relationship between Time Perspective and Adjustment among the sample.

Variables:

The variables included participant’s scores on the Zimbardo Time Perspective Inventory with perspectives assessed being past negative (PN), past positive (PP), present fatalistic (PF), present hedonistic (PH), and future (F). These variables were evaluated with respect to scores on the Adjustment Scale Questionnaire (ASQ) through which the adjustment level was assessed.

Variable 1st:

Time Perspective (Past Negative, Past Positive, Present fatalistic, Present Hedonistic, Future).

Variable 2nd:

Adjustment Level

Sample and Sampling:

Stratified random sampling was used as the method of sampling.

Inclusion Criteria:

1. Participants were falling under the age group of 18-30 yrs.
2. Subjects were students, as well as working adults.
3. Participants who were willing were included.

Exclusion Criteria:

1. Participants under 18 years of age and above 30 years of age were excluded.
2. Participants who were neither students nor working were excluded.
3. Participants with incomplete forms were excluded.

Tools Used:**Zimbardo Time Perspective Inventory (ZTPI):**

The Zimbardo Time Perspective Inventory is the key tool used in Time Perspective Therapy and was Developed by Philip Zimbardo, and his then graduate student assistant, John Boyd in 1999. The inventory has 56 items which measure individual difference in time orientation. It is a 5-point scale, ranging from 1 (very untrue) to 5 (very true). The measure contains 5 subscales Past-Negative, including 10 items, Present-Hedonistic, including 15 items, Future, including 13 items, Past-Positive, including 9 items, Present-Fatalistic including 9 items. The test-retest reliability analysis indicated reliability for PN (.84), PP (.82), and F (.72), moderate reliability for PF (.72), and low reliability for PH (.63). The test is highly valid.

Adjustment Scale Questionnaire (ASQ):

The adjustment scale questionnaire was developed by Billings and Moose (1982). In an effort to master the conditions of harm, threat, or challenge when a routine or automatic response is not readily available, there are many ways by which individuals adjust with stress and each approach appears to be unique in each individual. Billings and Moose (1982) developed the Adjustment Scale Questionnaire. It was widely used in the doctoral research on stress in the Department (Kumar 1988, Reddy 1990) of Psychology S.V. University, Tirupati.

The extent to which the students react to academic stress is indicated on a five-point scale varying from the response of "Never" to "Always" and scored as 0-1-2-3-4. The test-retest correlation of 50 individuals with an interval of 20 days is found to be 0.85.

Procedure:

A sample of 100 adults, age ranging from 18 to 30 years, and through the Help of Zimbardo Time Perspective Inventory developed by P. Zimbardo and J. Boyd, which includes five temporal categories that have cognitive, affective, and motivational consequences; and Adjustment Scale Questionnaire developed by Billings and Moose in 1982, their time orientation, and adjustment level was assessed for a study to see effect of Time Perception on Adjustment level. Subjects were called and were made seated comfortably. Rapport was built with the subjects to make them feel comfortable. Instructions were given as follows:

“You are provided with 2 inventories. Choose the option that fits the best according to you. There is no time limit, but try to do it as soon as possible. The information collected will be kept strictly confidential and will be used for research purpose only.”

Statistical Method Used: Bivariate correlation analyses were used to analyze the relationship between Time Perspectives and Adjustment level of the population, as well as, correlation between the different time perspectives were assessed through Zimbardo Time Perspective Inventory. Pearson coefficients of correlation were found for all the variables and the results indicate perfectly logical correlations as illustrated in the result table.

RESULT AND INTERPRETATION:**Result Table:**

Correlation between Time Perspectives and Adjustment among individuals lying under age range of 18-30 years

		PNTTP	PHTTP	FTP	PPTTP	PFTTP	ADJUSTMENT
PNTTP	Pearson Correlation	1	.281**	.174	.256*	.457**	.226*
	Sig. (2-tailed)		.005	.084	.010	.000	.024
	N	100	100	100	100	100	100

PHTP	Pearson Correlation	.281**	1	.545**	.659**	.193	.617**
	Sig. (2-tailed)	.005		.000	.000	.054	.000
	N	100	100	100	100	100	100
FTP	Pearson Correlation	.174	.545**	1	.536**	.117	.482**
	Sig. (2-tailed)	.084	.000		.000	.248	.000
	N	100	100	100	100	100	100
PPTP	Pearson Correlation	.256*	.659**	.536**	1	.258**	.711**
	Sig. (2-tailed)	.010	.000	.000		.010	.000
	N	100	100	100	100	100	100
PFTP	Pearson Correlation	.457**	.193	.117	.258**	1	.260**
	Sig. (2-tailed)	.000	.054	.248	.010		.009
	N	100	100	100	100	100	100
ADJUSTMENT	Pearson Correlation	.226*	.617**	.482**	.711**	.260**	1
	Sig. (2-tailed)	.024	.000	.000	.000	.009	
	N	100	100	100	100	100	100

[Abbreviations: PNTTP=Past Negative Time Perspective; PHTP=Present Hedonistic Time Perspective; FTP=Future Time Perspective; PPTP=Past Positive Time Perspective; PFTP=Present Fatalistic Time Perspective]

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

These results are completely coherent as considering the interpretations. A person with Past Positive time perspective shows moderate correlation with Present Hedonistic person with coefficient of correlation being .659, as these people are similar in characteristics like being more creative, happier, study or exercise less but still possess sense of seeking novelty and have a high level of energy, are more friendly and take things less anxiously. Future perspective holders show a moderate correlation with people having Past positive ($r = .536$) and Present hedonistic perspective ($r = .545$), as the future, like the past is experienced indirectly, it is a mental state that is psychologically constructed and is crafted from our hopes, expectations, and how we aspire about our life; where as past positively oriented person dwells in the happy past memories, while learning from the events that've already passed and hence creating higher motivation and better adjustment in the present and future.

On the other-hand Present Fatalistic and Past Negative people have a moderate positive correlation of .457, which also has valid justification as both these perspective holders tend to be lesser happy, more shy and anxious personalities who hold an impractical and lazy outlook on life. Such people show very low level of correlations with Past Positive (PF $r = .258$; PN $r = .256$), Present Hedonistic (PF $r = .193$; PN $r = .281$) and Future perspective (PF $r = .117$; PN $r = .174$) holders as they differ in characteristics like hard-work, planning strategically for short-term and long-term goals and virtues that lend successful life outcomes.

When assessing correlations of Time Perspectives with Adjustment level of individuals, we get very rational results. Past Positive perspective holders have a high positive linear correlation with Adjustment level of individuals with coefficient of correlation being .711. People having a positive outlook towards past gain a lot in their experiential learnings that help them have better adaptation to new events and better coping mechanisms and developed resilience towards life stressors than their counterparts. Present Hedonistic people have a positive moderate linear correlation with Adjustment, with coefficient of correlation being .617. Present hedonistic people have tendencies of seeking immediate pleasure and gratification, which directly associates with reduced stress, adaptability in order to better enjoy the environment, enhanced satisfaction with life and engagement in meaningful activities which ultimately boosts Adjustment level of an individual in life. People having a Future time perspective are also having moderate positive linear correlation with Adjustment levels, coefficient of correlation being .482. Individuals with high future orientation have a mantra “Meet the deadlines of tomorrow, complete all the necessary work before tonight’s play”; they have set their primary priority as work. Henceforth, since such people display good achievement and planning along with resilience, financial and lifestyle stability, these people display good Adjustment in their lives.

Present Fatalistic people display poor Adjustment levels in their lives as the coefficient of correlation here with adjustment is .260, showing very low positive correlation. Such people have a reduced sense of self responsibility, lack of motivation and limited future planning, this in-turn affects their Adjustment levels. For people with Past Negative time perspective, the correlation is very low with coefficient of correlation being .226. People with a negative past time perspective often have tendency of dwelling into distressing events or mistakes, have negative cognitive bias that causes them to interpret events negatively. They also have low self-esteem and self-worth and impaired coping skills, all of these contributing to poor Adjustment. Hence this demonstrates the acceptance of all 3 framed hypotheses.

DISCUSSION AND CONCLUSION

The present study is conducted with an interest of exploration into the relationship between Time Perspectives and Adjustment levels of the individuals of 18-30 years of age. In light of the previous researches, three hypotheses were constituted, first one being that hedonistically present time-oriented people would be highly adjusted to their counterparts with past negative and present fatalistic perspectives. The second hypothesis was that positively past oriented people will be highly adjusted than their counterparts with future, present fatalistic and past negative perspectives. And the third hypothesis being that future oriented people will be highly adjusted than past negative and present fatalistic perspectives. Bivariate Pearson’s coefficient of correlation was used for the purpose. Correlation matrix was computed and correlations between the five time perspectives, namely, Past Positive, Present Fatalistic, Present Hedonistic, Past negative and Future, and with these perspectives and Adjustment level of individuals were computed.

The correlation coefficients between five time-perspectives were calculated to see how these perspectives correlate with each other. Perspectives Past Positive, Present Hedonistic and Future show significant moderate positive linear correlation with each other. Though these perspectives differ in terms of their orientation, they are similar in nature on certain grounds. The Present Hedonism talks about achieving instant gratification, Future talks about hopeful and strategic planning in order to achieve greater goals and ultimate life purposes, and the Past Positivism focuses about positive past experiences and learnings acquired from the adverse ones. All of these characteristic features reflect upon development of a healthy, progressive and positive mental health. People of these perspective also share resilience as a common characteristic. Resilience is the capability of an individual to bounce back from the adverse experiences that one faces, this quality is observed in people with three perspectives and hence they incorporate better coping

mechanisms in their lifestyles. These people are motivated by a desire to be happy and prosper. Also, people having one, or more of these three time-perspectives welcome change in their lives, present hedonists allow change for immediate gratification, past positive people welcome positive change, future oriented individuals aim for positive and progressive betterments.

Whereas, Past Negative and Present Fatalist perspectives have moderate positive linear correlation with each other but don't correlate to Past Positive, Present Hedonistic, and Future perspectives, which is very evident since past negative and present fatalistic perspective have a negative orientation, whereas the rest have a positive one. Both of these perspectives have a deteriorating effect on mental health of individuals, both also have a pessimistic connotation as the past negative oriented people only focus upon all the wrongs that've occurred to them thus leading to a distorted self-image and cognition and the present fatalists believe there is nothing that they could do to correct their position that they exist in. These people also have difficulties in adapting change and doing settlements in their relationship, hence they may suffer from loneliness and depressive traits.

As the results indicate, the Past positive time perspective has highest correlation with Adjustment scores of the individuals, which is in accordance with the second hypothesis. People that have a positive outlook towards past are reportedly observed to have better psychological adjustment, this can be explained by several psychological principles. Firstly, the past provides us with congruence, continuity and sense of the self. The memories and experiences of a person frames and constitutes his/her beliefs and perspectives and thus affecting the adjustment level they show in their life. Thus, if a person here corroborates to the healthy memories and learns from the challenging ones, he/she becomes appropriately capable of maintaining equilibrium between the required needs and compulsory and important environmental obstacles. Also, the people having a past positive time perspective are seen to have a positive memory bias which simply means such people have a tendency towards remembering positive events and experiences, this can contribute highly towards an optimistic outlook, thus fostering positive emotions and overall well-being. Life satisfaction tends to be high in people with this perspective, as positive reflection on the past does contribute to higher self-esteem as they focus upon constructive and healthy achievements and experiences of themselves and they learn from positive and negative past experiences in an open and flexible way. In a survey conducted by Julie Goldberg and Christina Maslach, they found out that people having highest involvement in their families were most likely to be past positive. Such people engage more in family traditions and have healthy relationships. Due to these healthy relationships also their high level of psychological adjustment can be explained. It was also found that past familial experiences influence the goal-setting behavior in future, they are more aware and considerate of the possibilities that might happen in response to their set goal. Thus, having a past-positive time perspective can and does lead to high adjustment levels in an individual.

Present Hedonism has the second highest correlation with Adjustment, coefficient of correlation being .617. Present Hedonism is what people refer to when they say 'living in the present'. Such people actively seek pleasure and gratification through the events actively happening in the present. The arrangement they present in their choices are often stimulating, pleasurable, arousing, novel and exciting. These people are playful and energetic and they select only the tasks that 'not boring' and focus upon immediate pay-offs. In a study conducted by P. Zimbardo and J. Boyd it was found that college students that are hedonistically present oriented tend to have higher energy and elevated moods, such students are seen to have participated in several sports, extra-curricular and social welfare clubs. These behavioral patterns help them have good adjustment levels as these traits foster, primarily, positive emotions like joy and contentment, and also towards reduced stress and tension thus promoting positive over-all mental health and thus improving life adjustment. Such people have better adaptability and improved inter-personal relationships, this thus can help with characteristics like being flexible and resilient towards upcoming challenges and positive social connection help with fulfilment of needs of love and belongingness. Such people have optimism in

life and also have better expression of gratitude and appreciation. These qualities enhance individual's satisfaction with life by increasing the adjustment levels of the individual.

The reason that Present Hedonistic people do not have the highest Adjustment can be explained by comprehending the other face of the coin. Such people have uncontrolled egos, and high preference for inconsistency in their lives. Such qualities affect adjustment in a non-progressive way.

The third time perspective that shows a positive low moderate linear correlation with psychological Adjustment is the Future perspective, with a correlation coefficient of .482. The Future is constructed by our hopes, fears, aspirations and expectations [Zimbardo, P., Boyd, J. (2008). *The Time Paradox*]. Having a future perspective is important for success in life. Future oriented people do have high achievement and goal-setting abilities. These qualities yield positive outcomes like success in education and career, healthy lifestyle preferences, planning and achieving positive interpersonal relationships and having good adaptability which ultimately improves life adjustment in the individuals and contribute to a good mental health in them. But, having a future perspective also drives them away from the present scenarios of here and now and leads us to dwell into a world of uncertain and calculated and imagined possibilities. These people often forget to invest in the present as for them the reward that future will yield is always a better deal than the mere present which is nothing but a shortly rewarding thing. They plan successes, bigger rewards, bigger achievement but lose the essence of the present. Such people also tend to believe that the past is a gone case and there is no point of thinking upon it, thus, restricting themselves from figuring out the learning and teaching that the past offers in order to have improved relations and having a happier and active lifestyle. Thus, future time perspective must be in collaboration with hedonistic present and past positive perspectives for the best results in terms of life satisfaction and adjustment level.

The Present Fatalistic and Past Negative perspectives have lowest positive correlation with Adjustment level of an individual. Present Fatalistic time reflects hopelessness and helplessness in attitude towards life. Fatalistic people rely completely upon fate and thus are not motivated enough to work hard in order to change their situation, rather hold a belief that somehow magically situations are going to come in their favor and if they don't, then it never was in their fate. Learned helplessness is often seen in such people, it might originate in response to the adversities in life. Resignation is often seen in their behavior patterns as they easily resign to the tasks that they feel difficulty in. Also, the concept of cynicism can be observed in present fatalistic people, this includes putting no trust in people and lack of faith replacing the healthier qualities like optimism and hopefulness. They have poor self-esteem, more sensation seeking, are more anxious, less creative, less happy, shy and have a higher temper [Zimbardo, P., Boyd, J. (2008). *The Time Paradox*]. Thus, all these characteristic features contribute to a poor Adjustment level in the individuals. The Past Negative perspective also has very low positive correlation with Adjustment. This can be explained as when you have negative remembrance of the past, you get a backward-looking orientation and not a forward focused one. These people have a tendency of dwelling into the past and distressing over already happened distressing events and the mistake that they have done in the past. Such people possess a negative cognitive bias, i.e., they develop a biased negative outlook towards the events happening in their life. This always leads to distorted perception and thinking which adversely affects their mental health. These people possess low adjustment with reality, which directly affects their social relationships negatively, even leading them to social isolation when they have a fear of being judged or rejected. Negatively perceiving past and constantly dwelling into it can result into feelings of inferiority, incapability, hopelessness, helplessness and worthlessness, hence giving a change of developing depression. Thus, Past Negative and Present Hedonistic perspectives often lead to a faulty thinking pattern which results in faulty behavior and adversities in mental health.

Limitation and Suggestions

Addressing limitations of the study is imperative to gain better perspective on the findings and improve scope for future researches. Firstly, the present study is correlational in nature and fails to explain causative relationships of individual and collective time perspectives, and of adjustment. The data collected in this study came from a small heterogeneous sample of university students as well as working adults only, limiting the generalization of the findings, also differences in culture, gender and family environment plays immense role in shaping time perspective of individuals. Further, future researches should seek to address aforementioned limitations by using wider and larger sample size in terms of culture, gender and family environment as well. There should be an emphasis laid upon other psychological attributes and finding the causation of occurrence of time perspectives should also be targeted.

Implications

Present study inculcates topics of general relevance, therefore is applicable in several settings. In education system, understanding the time orientations of children will contribute to an understanding of thought pattern of students, as evident through this study, certain time perspectives encourage and some discourage healthy behavior patterns and coping mechanisms. This study can be referred by educational policy makers to inculcate teaching sessions aware children about the importance of having healthy time perspectives and how to change/improve their existing perspectives in order to improve life satisfaction, adjustment and career aspects. The understanding of time perspective and adjustment as understood in this study can most-certainly benefit counseling and psychotherapy as an insight into client's time perspective will help mental health professionals to identify the faulty time orientation pattern that might be resulting as faulty thought patterns and thus problems with adjustment, life-satisfaction or other relevant problem of concern. In organizational settings, understanding employee's time perspectives and their potential effect on the achievement motivation, performance level and workspace adjustment will help Human Resource managers and recruitment committee to gain insight about the potential that employee holds in order to cope with job challenges. In our daily life also the implication of this study can be done; people with healthy time perspective will have healthy patterns of stress management, improved decision making, increased productivity and healthy relationships which also have been proved in other researches conducted on related topic, and improving faulty time perspectives, thus improving quality of life.

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