



时间洞察力国际学术研讨会 International Symposium on Time Perspective

Time Perspective —— Beyond East and West

会议手册

Conference manual

主办单位：西南大学心理学部
(2019年10月29日—31日)

Faculty of Psychology
Time Psychology Research Center
Southwest University, Chongqing, China 400715
October 29th-31st, 2019

1 Conference Program

Tuesday, October 29, 2019		
9:00 am - 6:00 pm	Full day, Registration.	Guiyuan Hotel.
6:30 pm -	Reception Dinner.	Guiyuan Hotel.
Wednesday, October 30, 2019		
8:30 am - 9:00 am	Opening Ceremony Chair: Hong Chen (China)	Jin Gui Hall Guiyuan Hotel
9:00 am - 9:15 am	Book launch: <i>Time Perspective Theory; Review, Research and Application-Chinese version.</i> Chair: Anna Sircova (Denmark)	Jin Gui Hall Guiyuan Hotel
9:15 am - 9:30 am	Group photo of attendees, Coffee/Tea break. Chair: Houchao Lyu (China)	Jin Gui Hall Guiyuan Hotel
9:30 am - 10:00 am	Time Attitude Profiles: A Superordinate Time Perspective Construct (Frank C Worrell, USA) Chair: Marc Wittmann (Germany)	Jin Gui Hall Guiyuan Hotel
10:00 am - 10:30 am	Developmental aspects of time perspective (Anna Sircova, Denmark) Chair: Marc Wittmann (Germany)	Jin Gui Hall Guiyuan Hotel
10:30 am - 10:50 am	Coffee/Tea break.	Jin Gui Hall Guiyuan Hotel
10:50 am - 11:20 am	Standardization of the Korean Short Version of the Zimbardo Time Perspective Inventory (Dong Hun Lee, Korea) Chair: Zena R. Mello (USA)	Jin Gui Hall Guiyuan Hotel
11:20 am - 11:50 am	Time for action: how time research applies to public action (Nicolas Fieulaine, France) Chair: Zena R. Mello (USA)	Jin Gui Hall Guiyuan Hotel
12:10 pm - 2:30 pm	Lunch and break.	
2:30 pm - 3:00 pm	Time orientation and self-control: Effects of individual traits on the experience of time	Room 213 Faculty of Psychology

	(Marc Wittmann, Germany) Chair: Frank C. Worrell (USA)	
3:00 pm - 3:30 pm	Time Attitudes and Risky Behaviors among Adolescents in America and Germany (Zena R. Mello, USA) Chair: Frank C. Worrell (USA)	Room 213 Faculty of Psychology
3:30 pm - 3:40 pm	Coffee/Tea break.	Room 215 Faculty of Psychology
3:40 pm - 4:10 pm	The Measurement, Influencing Factors and Longitudinal Study of Time perspective in China (Houchao Lyu, China) Chair: Jenefer Husman (USA)	Room 213 Faculty of Psychology
4:10 pm - 4:40 pm	The Influence of Time Perspective, Perceived Stress and Self-efficacy on Burnout (Alexander Unger, Germany) Chair: Jenefer Husman (USA)	Room 213 Faculty of Psychology
4:40 pm - 5:10 pm	Construal Level as a Mediator of Influence of Future Orientation on Ethical Decisions and Judgements (Julie Papastamatelou, Greece) Chair: Jenefer Husman (USA)	Room 213 Faculty of Psychology
5:20 pm - 6:00 pm	Visiting labs of Faculty of Psychology, Southwest University. Chair: Chongzeng Bi (China)	Faculty of Psychology
6:30 pm -		Dinner.
Thursday, October 31, 2019		
8:30 am - 9:00 am	Future Orientation and Temporal Perception (Yiqun Gan, China) Chair: Anna Sircova (Denmark)	Room 213 Faculty of Psychology
9:00 am - 9:30 am	Stories of the Future: Integration of research on Future Thinking and Future Time Perspective a discussion of two interventions (Jenefer Husman, USA) Chair: Anna Sircova (Denmark)	Room 213 Faculty of Psychology
9:30 am - 10:00 am	The implicit learning of temporal order (Xiuyan Guo, China) Chair: Anna Sircova (Denmark)	Room 213 Faculty of Psychology

10:00 am - 10:10 am	Coffee/Tea break.	Room 215 Faculty of Psychology
10:10 am - 10:40 am	The Influence of Individual Difference Variables on Positive Attitudes Towards the Present and Future (Elizabeth Temple, USA) Chair: Yiqun Gan (China)	Room 213 Faculty of Psychology
10:40 am - 11:10 am	Modeling procrastination: asymmetric decisions to act between the present and the future (Tingyong Feng, China) Chair: Yiqun Gan (China)	Room 213 Faculty of Psychology
11:10 am - 11:40 am	A time to be stressed? Time perspectives and cortisol dynamics among healthy adults (Lening Olivera, USA) Chair: Yiqun Gan (China)	Room 213 Faculty of Psychology
11:40 am - 12:00 pm	Closing Ceremony. Chair: Chongzeng Bi (China)	Room 213 Faculty of Psychology
12:00 pm - 2:30 pm	Lunch and break.	
2:30 pm - 6:30 pm	Free talk.	Outside
6:30 pm -	Dinner.	

2 Organizers

General Consultants: Xiting Huang, Philip G. Zimbardo.

General Chair: Hong Chen.

Executive Chairman: Houchao Lyu.

Organizing Committee-Local: Houchao Lyu, Chongzeng Bi, Youguo Chen, Tong Yue, Peiduo Liu.

Organizing Committee-International: Anna Sircova, Frank Worrell, Marc Wittmann, Alexander Unger.

Volunteers: Xiaobao Li, Qiqi Guo, Yanxia Wang, Rongrong Rao, Huazong Sun, Zhao Liang, Yiqi Wang, Lanting Wu, Xiaoyu Sheng, Hafiza Komal, Luqi Zhang, Yuyan Wang, Rong He, Yaoxi Yang.

3 Address for Correspondence

houchao928@163.com (Houchao Lyu, Southwest University, China).

beechn@swu.edu.cn (Chongzeng Bi, Southwest University, China).

4 List of Attendees

Xiting Huang	China	Faculty of Psychology, Southwest University, Chongqing	
Hong Chen	China	Faculty of Psychology, Southwest University, Chongqing	
Xiuyan Guo	China	School of Psychology and Cognitive Science, East China Normal University, Shanghai	
Frank C Worrell	USA	University of California, Berkeley	
Anna Sircova	Denmark	Time Perspective Network	
Marc Wittmann	Germany	Institute for Frontier Areas of Psychology and Mental Health	
Yiqun Gan	China	School of Psychological and Cognitive Sciences, Peking University	
Houchao Lyu	China	Faculty of Psychology, Southwest University, Chongqing	
Jenefer Husman	USA	University of Oregon	
Nicolas Fieulaine	France	University of Lyon	
Zena R. Mello	USA	San Francisco State University	
Dong Hun Lee	South Korea	College of Education Sungkyunkwan University, Seoul	
Zhijie Zhang	China	College of Education, Hebei Normal University	

Zewen Huang	China	Faculty of Psychology, Southwest University, Chongqing	
Xu Chen	China	Faculty of Psychology, Southwest University, Chongqing	
Antao Chen	China	Faculty of Psychology, Southwest University, Chongqing	
Xu Zhan	China	Faculty of Psychology, Southwest University, Chongqing	
Jiang Qiu	China	Faculty of Psychology, Southwest University, Chongqing	
Tingyong Feng	China	Faculty of Psychology, Southwest University, Chongqing	
Xu Lei	China	Faculty of Psychology, Southwest University, Chongqing	
Yufang Zhao	China	Faculty of Psychology, Southwest University, Chongqing	
Haiyan Ye	China	Faculty of Psychology, Southwest University, Chongqing	
Chongzeng Bi	China	Faculty of Psychology, Southwest University, Chongqing	
Yongjin Chen	China	School of Public Affairs, Chongqing University	
Jiajin Yuan	China	Faculty of Psychology, Southwest University, Chongqing	
Feng Zhang	China	College of Education, Henan University	
Alexander Unger	Germany	University of Applied Sciences Ludwigshafen	
Julie Papastamatelou	Greece	University of Applied Sciences Ludwigshafen	
Elizabeth Temple	Australia	University of New England	
Lening Olivera	USA	Yale University	
Hongsheng Yang	China	Faculty of Psychology, Southwest University, Chongqing	
Yinhua Zhan	China	Cognition and Human Behavior Key Laboratory of Hunan Province, Hunan Normal University	
Jiamei He	China	School of psychology, Liao Ning Normal University	
Youguo Chen	China	Faculty of Psychology, Southwest University, Chongqing	

Peiduo Liu	China	Faculty of Psychology, Southwest University, Chongqing	
Tong Yue	China	Faculty of Psychology, Southwest University, Chongqing	
Yangmei Luo	China	School of psychology, Shaanxi Normal University, Xi'an	
Junjie Qiu	China	Department of Psychology, Lingnan Normal University	

5 Abstracts

Time Attitude Profiles: A Superordinate Time Perspective Construct

Frank C. Worrell

University of California, Berkeley, USA

Abstract: In one of the earliest discussions of time perspective in the extant literature, the construct was said to apply to “all human conduct”. Although time perspective is referenced by other theorists, time constructs gained prominence in the psychological literature with the study of several future-focused constructs such as future orientation, hope, optimism, perceived life chances, and possible selves. Empirical examinations of many of these constructs showed that they were associated with more adaptive functioning generally and with resilience in at-risk populations. In 1999, Zimbardo and Boyd introduced the Zimbardo Time Perspective Inventory (ZTPI) to the literature. This instrument assessed time constructs related to the past, present, and future, because as Zimbardo and Boyd observed, “scoring low on a scale of future orientation is [not] equivalent to scoring high on a scale of present orientation or that scoring low on a measure of the present is equivalent to being future oriented. Thus, Zimbardo and Boyd argued for looking at temporal profiles based on the past, present, and future. Research over the past five years using the Adolescent and Adult Time Inventory – Time Attitude Scales has confirmed the importance of profiles as a general predictor of positive and negative functioning. In this presentation, I shall review literature showing the concurrent and predictive associations of time attitude profiles with educational, psychological, health, and cultural constructs.

Keywords: Time Attitude Profiles; Superordinate Time Perspective Construct

Psychology of Time: Before, After and In-between

Anna Sircova

Abstract: This study aims to introduce you to the exciting topic of psychological time. The different roles time plays in our everyday life and how it impacts what we do and the way we do it. We will discuss how the tempo of a city has an impact of our health. Zimbardo's Time Perspective Inventory will be introduced and participants will have the opportunity to analyze their own temporal profile. The concept of the balanced time perspective will be presented and its connection to mindfulness and psychological well-being will be explored during the talk. Time permitting, some simple actions will be offered as a possible way to find the personal temporal balance.

Keywords: Psychology of Time; Time Perspective

Developmental aspects of time perspective

Sircova, A. & Mitina, O.V.

Time Perspective Network, Denmark

Abstract: In this study the focus was to explore the developmental trajectories of the time perspectives factors in Russia, what is the relation between time perspective, subjective quality of life, well-being and tolerance to the ambiguity. We have collected data across various ages: from 14 to 88 y.o; and in 19 different cities across Russia. Participants were divided into 7 age groups. Besides the factors of age and gender, level of education, family status, and type of professional activities were considered. The results indicated that in the age group of 40 to 49 years old both men and women go through a substantive change in their TP. The specifics of the Balanced Time Perspective are described.

Keywords: Developmental trajectories; Time Perspective

The Measurement, Influencing Factors and Longitudinal Study of Time perspective in China

Houchao Lyu, Xiaobao Li

Faculty of Psychology, Southwest University, Chongqing, China

Abstract: The aim of the present study is to introduce the current research of time perspective in China, including three measurement tools, the difference of time perspective among adults in seven regions of China, and the development trajectory and influencing factors of future time perspective in Chinese adolescents. First of all, we introduce the future time perspective scale developed by Lyu and Huang (2016), which includes 28 items and 6 dimensions: Future Negative, Future Positive, Future Confusion, Future Perseverant, Future Perspicuity and Future

Planning. And we adopt samples from six countries for cross-cultural reliability and validity test. Second, We revised two commonly used research tools into Chinese version, these tools are Zimbardo time perspective inventory (ZTPI) and the adolescent time attitude scale (ATA) respectively. C-ZTPI contains 25 items and make up five factors: Past Negative, Past Positive, Present Impulsive, Present Fatalistic, and Future. Reliability estimates and confirmatory factor analysis indicate that the scale has good reliability and validity. C-ZTPI was significantly correlated with subjective/objective social status, subjective well-being, life satisfaction, the general social confidence and the two dimensions of social cognition. C-ATA contains 30 items and 6 dimensions, which are respectively past positive, past negative, present positive, present negative, future positive and future negative. Reliability estimates and confirmatory factor analysis indicate that C-ATA has good reliability and validity. The Chinese version of ATA positively correlated with relationship with self-efficacy, self-esteem and life satisfaction. Furthermore, using the data of 4,168 samples, we compared the differences in time perspective among seven regions of China and found that samples from northwestern were found to have the highest scores in past negative; samples from south China were found to have the highest scores past positive; samples from Southwest China scored highest in future, while samples from northeast China scored highest in present impulsive and present fatalistic. Gender, age, occupation level, income, education level, subjective social status and sleep quality may be associated with time perspective. Finally, we used the future time perspective scale developed by Lyu and Huang to explore the trajectory and influencing factors of the future time perspective among Chinese teenagers. 545 middle school students were measured five times over a three-year period and a total of 372 valid data were collected. Using multi-level regression analysis, we found that future positive, future negative and future perspicuity remain stable over time, and were predicted by self-control and grit. we find that future confusion declines slowly with time, and both future perseverant and future planning grow slowly over time. Grit and self-control can predict both the intercept of future time perspective and the growth rate of future confusion, future perseverant and future planning.

Keywords: time perspective; C-ZTPI; C-ATA; longitudinal study

Time for Action: How Time Research Applies to Public Action

Nicolas Fieulaine ^{a, b, c}

^a Associate Professor, University of Lyon; ^b Fellow Professor, National School of Administration, France;

^c CEO, NFEtudes - Behavioral Science Agency

Abstract: The purpose of this presentation is to demonstrate how time perspective and time psychology research

can be applied in real-world interventions on social or environmental issues. We will present projects that screened issues with regard to time research and proposed actions for change that strategically take into account the temporal aspects. From field projects conducted in France with public authorities, NGOs and companies, we will show the possible applications of research on time perspective in real-world settings and propose ways to develop its applications in the field of public policies related to issues of poverty, inequalities, and the climate change crisis.

Keywords: Time Perspective; Applications; Public Action

Time orientation and self-control: Effects of individual traits on the experience of time

Marc Wittmann

Institute for Frontier Areas of Psychology and Mental Health, Freiburg, Germany

Abstract: Based on conceptual considerations in neuroscience and phenomenology, interoceptive and affective states create the experience of time. In the majority of experimental studies only the time range of milliseconds to a few seconds is assessed. However, only during longer time intervals we can refer to lived time as embodied self-experience, as emotional and motivational state of the human condition. I will present a series of empirical investigations where we tried to capture individuals' experiences of time, self, and emotion during a variety of empty and filled time intervals in the multiple-minute range. Different groups of participants watched two different dance performances, participated in an instructed meditation session, and were exposed to real waiting situations. Trait-related differences in impulsivity and time perspective as well as state-related variables of relaxation and boredom determine the experience of waiting time. Stronger present-oriented impulsivity as trait leads to more irritation and boredom while waiting which in turn expands subjective duration. More cognitive and emotional self-control leads to more positive affect while waiting and in turn to a faster passage of time.

Keywords: Time orientation; self-control; Effects of individual traits

Time Attitudes and Risky Behaviors among Adolescents in America and Germany

Zena R. Mello **a**, Monika Buhl **b**, James R. Andretta **c**, Frank C. Worrell **d**

a San Francisco State University; **b** Heidelberg University;

c Bridgetown Psychological; **d** University of California, Berkeley

Abstract: Identifying unexplained predictors of adolescent risky behaviors is critically important given the implications for adulthood. Time perspective is a powerful mechanism of individual differences in the propensity to

engage in risky behaviors: A multidimensional construct that broadly refers to thoughts and feelings about the past, present, and future. The most frequently examined dimension of time perspective is time attitudes—positive and negative evaluative feelings toward each time period. Research with primarily adult samples has shown that time perspective is associated with risk behaviors including reckless driving, alcohol use, and smoking. By in large, however, this work was the result of bivariate inquiries into the associations among time perspective and risky behaviors. More recently, scholars have employed person-centered analytic strategies to examine individual patterns across time perspective dimensions. Findings from this work have indicated that there are interpretable profiles characterized by positive, negative, and neutral feelings about the past, present, and future. There has also been evidence for profiles with characterized by positive feelings about the future and negative feelings about the past and present, more narrowly. Turning to demographic considerations, the field of research on adolescents has been charged to greatly increase its consideration of adolescents outside of North America. Thus, in this study, we sought to make several contributions to the literature including (a) examining time perspective and risky behaviors among adolescents, (b) employing person-centered analytic strategies, (c) and including adolescents who are in America and Germany. American adolescents included 748 individuals ($M_{\text{age}} = 15.71$, $SD_{\text{age}} = 1.53$); 54% ($n = 404$) were female. German adolescents 1764 individuals ($M_{\text{age}} = 14.26$, $SD_{\text{age}} = 1.73$); 50% ($n = 876$) were female. The Adolescent and Adult Time Inventory--Time Attitude Scale (ATTI-TAS; Mello & Worrell, 2007) was used to assess time attitudes. This work has indicated a 6-factor structure and acceptable internal consistency estimates across subscales (i.e., alphas $> \text{ or } = .70$). Risky Behavior was examined with a 14-item questionnaire that measured how frequently adolescents engaged in risk behaviors, which included behaviors that led to contact with police. This instrument has been used in prior research with adolescents. Interpretable profiles were observed. Specifically, four groups of adolescents were identified: (a) Positives ($n = 191$), (b) Pessimists ($n = 188$), (c) Optimists ($n = 212$), and (d) Negatives ($n = 145$). Negative adolescents reported the highest scores for risky behavior, with significantly ($p < .001$) and meaningfully higher levels of risky behavior than Positive ($d = .66$) and Pessimistic ($d = .57$) adolescents, and, to a lesser degree, Optimists ($d = .29$, $p < .05$). Positives reported the lowest levels of risky behavior. Positive and Pessimistic adolescents had similar scores risky behavior scores. Our results indicated that American adolescents can be grouped into interpretable time attitude profiles and that adolescents with different profiles reported significant and meaningful differences in risky behaviors. Four profiles were identified in the present study. These findings support the (a) utility of this person-centered approach to examining time attitudes and (b) generalizability of time attitude profiles and the patterns of relationships between ATAS profiles and other constructs. Next, latent profile

analyses (LPA) will be conducted to determine the number and type of time attitude profiles among the sample of German adolescents. LPA will also be employed with the American sample to facilitate comparability. Relationships between profiles and risky behaviors among will also be examined.

Keywords: Time Attitudes; Risky Behaviors; Adolescents

Standardization of the Korean Short Version of the Zimbardo Time Perspective Inventory

Dong Hun Lee

Sungkyunkwan University, Seoul, South Korea

Abstract: Understanding Time Perspective (TP), a personal and temporal attitude towards past, present, and future for individual to encode life experiences, is considered as a prerequisite for mental health and well-being. TP has implications for various domains of everyday life. However, completing Zimbardo Time Perspective Inventory (ZTPI), the original assessment tool measuring TP is quite laborious and time-consuming due to its length. The original ZTPI contains 56 items and this study aims to standardize a shortened version of the scale and to investigate the validity and the reliability of the inventory in the sample of South Korean adults to pursue its practical use further. Two modifications were used, the five-scale form, structurally corresponding to the original ZTPI, and a six-scale form with a Future-Negative scale added. The psychometric properties of both versions were verified on a nationwide sample of 1,137 Korean adults between the ages of 20 and 59, in order to select the more appropriate final model for South Korean. results of a factor analysis of the two inventories, ZTPI-18 and ZTPI-15, revealed that ZTPI-18 does not have satisfactory item categorization to its appropriate scale. ZTPI-18 was rejected, as ZTPI-15 was a better fit to the data. The concurrent validity and discriminative validity of K-ZTPI-15 were established by statistically significant correlations in the hypothesized directions with several psychological variable constructs, including depression, anxiety, and self-esteem. Gender differences were observed in Past-Positive, Present-Fatalistic, and Present-Hedonistic. The K-ZTPI-15 is valid and practical instrument assessing South Koreans' time perspective and can be recommended for further use.

Keywords: Time Perspective; Zimbardo Time Perspective Inventory

The Influence of Time Perspective, Perceived Stress and Self-efficacy on Burnout

Papastamatelou Julie **a** *, Unger Alexander **b**, Lening A. Olivera-Figueroa **c**

a Southwest University, China; **b** Southwest University, China; **c** Yale University, School of Medicine

Abstract: Recent research was able to identify a relationship between Deviation from a Balanced Time Perspective (DBTP) and Burnout. Moreover, the results of various studies display significant relationships between Time Perspectives (TP) and dysfunctional behavior. In the current study, we intend to investigate if the individual TPs, as well as the DBTP have an effect on the burnout proneness of students. We tested the influence of TPs measured by the German version of the Zimbardo Time Perspective Inventory on the burnout-tendency of 21 female and 53 male students of the Technical University Kaiserslautern (Mage= 21.8, SD = 2.2), by using the German version of the Tedium Scale. The Past Negative ($p = .000$) and the Present Fatalistic ($p = .029$) orientations had a significant influence on the burnout proneness of the student sample. We identified DBTP as the most important factor of burnout proneness ($p = .000$). Although a different measurement tool of burnout was used, we were able to identify the same TPs leading to burnout, as studies using the Maslach Burnout Inventory. Our current study confirms that the relationship between TPs and burnout is not limited to occupational samples.

Keywords: Time Perspectives; Predictor of Burnout Risk; Students

Construal Level as a Mediator of Influence of Future Orientation on Ethical Decisions and Judgements

Yan Jin **a ***, Unger Alexander **b**, Papastamatelou Julie **c**, Hu Jian **d**, Zhang Nannan **e**

^a Zhejiang University; ^b Southwest University; ^c Southwest University;

^d Tsinghua University; ^e University of Groningen

Abstract: Although there are many causes for unethical conduct, short-term thinking in business practices, is often being considered as the cause of unethical behaviour in business contexts. However, compared to the extensive concern shown in press and social media, both theoretical and empirical research on the association between short-term thinking and ethical decision-making is under-explored. In order to capture the idea of temporal dimensionality of ethical decision-making and behavior, we used a construct of future orientation, known as the consideration of future consequences. The current research demonstrated that low future orientation leads to unethical behavior. Across three studies using both country- and individual-level data, we have shown that the tendency to consider future consequences is linked to pronounced ethical behavior, judgment, and behavioral intention.

Keywords: Future Orientation; Construal Level; Ethical Decisions

Time is the Fire in which we Burn (Out): How Time Perspectives Facilitate and Inhibit

Burnout Tendencies of Healthcare Professionals

Unger, Alexander **a** *, Papastamatelou, Julie **b**, Vowinckel, Jonte **c**, Klamut, Olga **d**, Heger, Anja **e**

a Southwest University, China; **b** Southwest University, China; **c** University of Bonn, Germany;

d University of Wroclaw, Poland; **e** Psychotherapy Practice, Bonn, Germany

Abstract: Empirical research on the association between time-perspectives (TPs) and burnout-tendency among occupational samples is rare. Research on burnout could benefit from the inclusion of TP theory in terms of both risk-assessment and prevention. We investigated the relationship between TPs and burnout tendencies, based on the assumption that specific TPs may increase vulnerability, while others may attenuate the level of burnout severity, or even prevent proneness to burnout. We additionally tested the mediating influence of perceived stress and self-efficacy. The sample consisted of 398 German healthcare professionals (301 females; 70 male and 27 without gender indication), being in a particular risk for burnout (Mage = 27.1 years; SD = 10.5 years). We tested the influence of time perspective (TP) measured by the Zimbardo Time Perspective Inventory (ZTPI) on the burnout-tendency of the healthcare professionals, by using the German version of the Maslach-Burnout-Inventory (MBI-GS-D). For measuring self-efficacy (Bandura, 1993) we used the German General Self-Efficacy Scale (GSE) developed by Schwarzer and Jerusalem (1999). Moreover, we administered the German Perceived Stress Questionnaire (PSQ) by Fliege et al. (2005). The Past-Negative, Past-Positive and Present-Fatalistic perspectives have been identified as significant factors, which influence the burnout-dimensions of emotional exhaustion and cynicism. The Past-Negative and Present-Hedonistic orientations have an effect on the third burnout-dimension of personal accomplishment. Furthermore, our findings show, that high deviations from a Balanced Time Perspective (DTBP) cause an increase of all three burnout-dimensions. Moreover, the influence of the DBTP on emotional exhaustion and personal accomplishment was mediated by perceived stress and self-efficacy, which were included in a parallel mediator model. A direct effect of the DBTP was observed for cynicism. The current study has indicated that TPs could be an additional factor influencing burnout tendencies. Thus, the next important step of research might be to consider interactional processes between these factors (as e.g. organizational factors) and TPs. This can help to ameliorate one of the most pressuring problems of professional life in modern societies, as well as to better understand the consequences of burnout as an important part of human behaviour in organizations.

Keywords: Time Perspectives; Burnout Tendencies of Healthcare Professionals

Future Orientation and Temporal Perception

Yiqun Gan

School of Psychological and Cognitive Sciences, Peking University

Abstract: Future orientation refers to the extent to which an individual thinks about the future, anticipates future consequences, and plans before acting. In the first two studies, we used experimental priming to examine the influence of stress and future-oriented coping on individuals' decision-making process in the DDT and task prioritization paradigm. In both studies, we found that future orientation and the number of rational choices correlated positively and significantly in the neutral primed group, whereas this correlation was not significant in the stress primed group, indicating the flexibility and adaptive value of future-oriented coping in human evolution. In the third study, we found that future orientation was the reason for the temporal Doppler effect. Further, time interval perception mediated the relationship between future orientation and the motivation to cope with future stressors. Based on these observations, a mechanism was proposed to explain the relationship between temporal discounting and future-oriented coping. The greater number of rational choices and stronger temporal Doppler effect observed among high future-oriented copers are due to a time perspective ability they possess. In other words, they have an ability to see through temporal distance and accurately perceive the importance of future events.

Keywords: Future Orientation; Temporal Perception

Stories of the Future: Integration of research on Future Thinking and Future Time Perspective a discussion of two interventions

Jenefer Husman

University of Oregon, USA

Abstract: The importance of thinking about the future for students' motivation for learning has been the focus of my research over the past 20 years. Early on my colleagues and I argued that students' imaginations of who they want to become is an important component of the motivating factor of Future Time Perspective. Future Time Perspective is most adaptive when it is connected to an internalized identity. Recent research in cognitive neuroscience has elaborated the importance of imagining the self-in the future for motivation and self-regulation in the present. Detailed autobiographical projections into the future have the most power to produce adaptive motivation and self-regulation. To activate both the cognitive and affective components of Future Time Perspective getting students involved in story-telling about their futures is important. Students', however, may need assistance in developing detailed, personally meaningful stories. Over the past several years my colleagues and I have developed a digital

storytelling intervention to support students' construction of a "science" future self. In my presentation I will discuss the science of Future Thinking and describe a new intervention program designed to help students imagine their future as scientists.

Keywords: Future Thinking; Future Time Perspective

The Implicit Learning of Temporal Order

Xiuyan Guo

School of Psychology and Cognitive Science, East China Normal University, Shanghai, China

Abstract : Temporal order refers to the ordinal relationship between events, i.e., the sense of synchrony, successiveness and order when two events occur concurrently or successively. Professor Guo will introduce the study of Implicit Temporal Sequence Learning based on serial reaction time (SRT) task at the behavioral and neurological levels. There has been a heated controversy on the standard SRT task as to what kind of knowledge has been acquired, i.e., motor sequence or perceptual sequence. Namely, it is whether perceptual sequences or motor sequences can be learned. Accordingly, we investigated whether perceptual learning implicitly could occur in the task-irrelevant of the SRT paradigm.

Keywords: Temporal Order; Serial Reaction Time (SRT)

The Influence of Individual Difference Variables on Positive Attitudes Towards the Present and Future

Liz Temple

University of New England, Australia

Abstract: Time Attitudes are self-referential thoughts and beliefs that are associated with either positive or negative affect and relate to one of the three temporal frames: past, present or future. To further our understanding of positive time attitudes, this study investigated individual difference variables in relation to positive attitudes towards the present (PP) and future (FP). Four different types of individual difference variables were investigated: 1) socio-demographic factors; 2) personality traits; 3) self-concept variables; and, 4) psychological distress symptomology. The 1026 participants (80% female; aged 18-87 years ($M=38$, $SD=13$)) completed an anonymous online questionnaire that included: Adolescent and Adult Time Attitudes Inventory; Big Five Personality Inventory; Life Orientation Test – Revised; Rosenberg Self-Esteem Scale; Brief Resilience Scale; Compassionate Engagement and Action Scales;

Depression Anxiety and Stress Scales; and the National Stressful Events Survey PTSD Short Scale. A series of multiple regression analyses indicated that socio-demographic factors explained a significant but small proportion of variance in both PP ($R^2 = 6.7\%$) and FP ($R^2 = 6.2\%$). Larger associations were evident in relation to personality traits (PP: $R^2 = 32.6\%$; FP: $R^2 = 27.3\%$), self-concept variables (PP: $R^2 = 44.7\%$; FP: $R^2 = 37.8\%$), and psychological distress symptomology (PP: $R^2 = 38.0\%$; FP: $R^2 = 32.0\%$). Final regression models indicated that the individual difference variables collectively explained a considerable amount of variance in PP (52%) and FP (52%) scores. It has long been known that individuals with a present-focused bias differ from those with a future-focused bias, and that these differences are associated with divergent present lifestyles and future outcomes. The present findings add to this existing knowledge, demonstrating that positive attitudes towards the present and future are also associated with a range of individual differences in socio-demographic factors, personality traits, self-concept variables, and psychological distress symptomology.

Keywords: Positive Attitudes; Present Perspective; Future Perspective

Modeling Procrastination: Asymmetric Decisions to Act between the Present and the Future

Tingyong Feng

Faculty of Psychology, Southwest University, Chongqing, China

Abstract: Although procrastination has troubled people consistently, it is challenging for existing theories to explain procrastination systematically. The present study aims to propose and validate a temporal decision model to account and model procrastination. The temporal decision model predicts that people will procrastinate on a task so long as the aversiveness of a task outweighs the utility of future incentive outcomes that this task can yield. Specifically, people perceive less aversiveness from a task when this task is scheduled in the future than in the present but expect that they can perceive higher utility from the incentive outcome in the future than in the present. Consequently, people are reluctant to do this task in the present but expect that they are willing to do it in the future (i.e., procrastination). The present study will test three predictions from the temporal decision model. First, people are reluctant to do a task as long as task aversiveness is stronger than outcome utility. Second, people perceive less aversiveness from a task when this task is scheduled in the future than it is scheduled in the present, and the aversiveness perceived from the delayed task would decrease in a hyperbolic way with the increase of task delay. Third, people expect that they would perceive stronger outcome utility in the future than in the present, and the expected outcome utility would increase in a hyperbolic way with the increase of task delay. We asked participants

to compile a list of planned tasks that they are highly likely or less likely to procrastinate individually and rated procrastination for each task. These tasks were then been used to collect task decisions, task aversiveness, and the outcome utility with different time delay between the present and the future. In the present study, engagement utility refers to how pleasant or unpleasant it is to perform a task. Outcome utility refers to how desirable a rewarding outcome is or how aversive a punishing outcome is. The decision refers to the willingness or reluctance to perform the task. The results demonstrate that people perceive less aversiveness from a task when this task is scheduled in the future than it is scheduled in the present and expect that outcome utility is stronger in the future than in the present. Consequently, although the perceived task aversiveness is stronger than expected outcome utility when a task is scheduled in near future, the expected outcome utility becomes more powerful in impacting decisions than perceived task aversiveness when this task is scheduled in the distant future. Together, these results explain why people are reluctant to do a task in the present but expect that they are willing to do it in the future. Together, these results demonstrate that the decision on doing a task or not is based on comparison between task aversiveness and the outcome utility, and the asymmetric effects of task delay on these two utilities can generate reluctance to act in the present but willingness to act in the future (i.e., procrastination). By proposing and validating the temporal decision model, the current study can provide a theoretical basis for generating novel hypotheses and directions for future research.

Keywords: Modeling Procrastination; Asymmetric Decisions to Act; the Present and the Future

A Time to Be Stressed? Time Perspectives and Cortisol Dynamics among Healthy Adults

Lening A. Olivera-Figueroa **a, b, c,***, Robert-Paul Juster **a, d**, Julie Katia Morin-Major **a, e**,

Marie-France Marin **a, f**, Sonia J. Lupien **a, b**

a Center for Studies on Human Stress, Fernand-Seguin Research Centre–Montreal Mental Health University

Institute, Canada;

b University of Montreal–Department of Psychiatry, Pavillon Roger-Gaudry, Canada;

c Yale University School of Medicine–Department of Psychiatry, United States;

d McGill University–Integrated Program in Neuroscience, Montreal Neurological Institute, Canada;

e University of Montreal–Department of Psychology, Canada;

f University of Montreal–Department of Physiology, Montreal, Canada

Abstract: Perceptions of past, present, and future events may be related to stress pathophysiology. We assessed

whether Time Perspective (TP) is associated with cortisol dynamics among healthy adults (N = 61, Ages = 18–35, M = 22.9, SD = 4.1) exposed to the Trier Social Stress Test (TSST). TP was measured according to two profiles: maladaptive Deviation from Balanced TP (DBTP) and adaptive Deviation from Negative TP (DNTP). Eight salivary cortisol samples were analyzed using area under the curve with respect to ground (AUCg) and to increase (AUCi). Statistical analyses involved partial correlations controlling for depressive symptoms. Results for both sexes showed that higher DBTP scores were associated with lower cortisol AUCg scores, while higher DNTP scores were associated with higher cortisol AUCg scores. These novel findings suggest that maladaptive TP profiles influence hypocortisolism, whereas adaptive TP profiles influence hypercortisolism. Thus, TP profiles may impact conditions characterized by altered cortisol concentrations.

Keywords: Time Perspective (TP); Deviation from Balanced Time Perspective (DBTP); Deviation from Negative Time Perspective (DNTP); Stress physiology Cortisol Trier Social Stress Test (TSST); Area under the curve with respect to ground (AUCg); Area under the curve with respect to increase (AUCi)

Emerging Cross-cultural Research: The Role of Time Perspective on Well-being, Life Satisfaction and Mindfulness

Lening A. Olivera-Figueroa **a***, Saumya Asthana **b,c**, Natalie Odisho **d**, Alejandro L. Ortiz Velez **e,f,g**,

Kyriah Cuebas **h** and Nanet M. Lopez Cordova **h**

a Yale University School of Medicine-Department of Psychiatry, US;

b McGill University-School of Communication Sciences and Disorders, Canada;

c Jewish General Hospital, a McGill University Teaching Hospital, Herzl Family Practice Center-Teenage Health Unit, Canada; **d** Florida State University-School of Communication, US;

e Rutgers-New Jersey Medical School, The State University of New Jersey-Department of Pharmacology,

Physiology and Neuroscience, US; **f** U.S. Department of Veterans Affairs-Syracuse Veterans Affairs Medical

Center, Syracuse, US; **g** Pontifical Catholic University of Puerto Rico, College of Graduate Studies in Behavioral Sciences and Community Affairs, Puerto Rico; **h** Carlos Albizu University, San Juan, Puerto Rico, US

Abstract: Since psychology's inception as a discipline, numerous forefathers of the field have sought to understand the impact of time on humanity. Studies in the role of time on human life as a personality-like construct led to the conception of a new field in psychology known as Time Perspective (TP). Recent trends in this emerging field suggest an increased interest in the study of TP as a predictor of well-being, life satisfaction and mindfulness. To address the

trajectory of this line of research, the first section of this book chapter describes the evolution of the TP research field, from its origins, to its most recent conceptualizations. The second section of this chapter addresses the relationship between TP and well-being, assessed on numerous countries. The third section focuses on various international studies addressing the role of TP on life satisfaction. The fourth section presents the results of studies examining the role of TP on mindfulness across cultures. The fifth and final section addresses potential new directions that could guide future TP studies, such as accounting for the role of biological processes on the interrelations of TP with well-being, life satisfaction and mindfulness across cultures. Such future studies could inform practitioners of time-oriented therapeutic approaches (i.e., Time Perspective Therapy and Mindfulness-Based Interventions) of cultural and biological factors capable of influencing treatment efficacy.

Keywords: Time Perspective; Zimbardo Time Perspective Inventory (ZTPI); Well-being; Life Satisfaction; Mindfulness; Cultural Differences

Sub-second and Supra-second Time Perception Depend on Different Structural Covariance Networks

Peiduo Liu **a,b**, Wenjing Yang **a,b**, Antao Chen **a,b**, Guangyuan Liu **c**, Jiang Qiu **a,b,***, Xiting Huang **a,b,***

a Key laboratory of cognition and personality (SWU), Ministry of Education, Chongqing 400715, China;

b Faculty of Psychology, Southwest University, Chongqing 400715, China;

c School of Electronic and Information Engineering, Southwest University, Chongqing, 400715, China.

Abstract: Estimating timing interval is a fundamental skill for the human beings. Increasing studies in recent decade suggested that there were distinct neural substrates for the sub- and supra-second time perception. To our knowledge, fewer studies until now to explore how these regions correlated with each other to support the individual difference of the sub- and supra-second time interval perception. To address whether the neural difference of the sub- and supra-second time perception reflected in the network dissociated at the brain structures, we combined behavioral index of time perception with structure covariance analysis of gray matter volume in 180 healthy participants. The current study used covariance analysis of gray matter volumes (GMV) which calculated by voxel-based morphometry (VBM) measurement to map structural covariance networks. And assessed the relationship between networks and individual differences in the sub- and supra-second time perception measured by the point of subjective equality. The results showed that a dissociation of the neural network of the sub- and supra-second time perception. Specifically, the network centered on cerebellum being modulated by individual difference of sub-second time perception, while

networks centered on SMA were modulated by individual differences in supra-second time perception. These results indicated that individual difference of the sub- and supra-second time perception reflected by specific structural brain networks rather than some single brain structure alone.

Keywords: Time Perception; Sub-second; Supra-second; Structural Covariance Networks

The role of time perspective in future government trust mechanism

Jian Yang, Chohua Dong, Qiurong Tan, Yongjin Chen

School of Public Affairs, Chongqing University, Chongqing, China

Abstract: The outbreak of the global financial crisis intensified the loss of confidence in government, which attracted considerable attention to government credibility. Nowadays, the public in many countries was not satisfied with current government's performance and advocated that more rights and authorizations should be delegated. This made the government more and more eager gain public trust. Researchers found that government performance predict public future government confident, however, as individuals' impressions of government's were heavily depend on its past and present performance, whether both their cognition of past and present government performance will predict their trust in governments' ability in the future? Also, as individual' time perspective had important but subtle effects on cognition, mood and behavior. Whether individuals' time perspective related traits will affect their future attitude towards government and relative behaviors or not also remain unclear. We tried to explore such public government trust mechanism using China's samples considering that the high level of trust and confidence in government in China. Our studies indicated there might be influence of individuals' evaluation of present government performance on political participation willingness. Thus, we believe the high reputation of government might help to improve the public willingness of public affair management participation. We also find the difference in future orientation moderated the relationship between individuals' evaluation of government performance and trust in governments' ability. We applied the perceived risk as well as the character of time perspective trait to illustrate the effects of time perspective role in public government trust mechanism. We recommend that the government should pay attention to the difference in individuals' cognition when trying to improve its' credibility.

Keywords: Government's ability; Government's Performance; Political Participation Intention; Time Perspective

Bayesian Estimation on Logarithmic Scales as an Explanation for Spatiotemporal Interferences with a Tendency of Deceleration

Youguo Chen **a**, Andrew Avitt **b**, Minghui Cui **a**

a Key Laboratory of Cognition and Personality (Ministry of Education), Center of Studies for Psychology and Social Development, Faculty of Psychology, Southwest University, Chongqing 400715, China;

b College of International Studies, Southwest University, Chongqing 400715, China

Abstract: Spatial and temporal information processing interfere with each other. A recent study found a tendency of deceleration in spatiotemporal interferences. Previous theories either attribute the tendency to the variance of stimuli locations or predict a linear relation. The present study asserts that this tendency is the result of the Web-Fechner law. The above hypotheses were tested in two-time discrimination tasks by manipulating the variance of stimuli locations and distance between stimuli. The results demonstrate that the estimated time was not modulated by the variance of stimuli locations; estimated time increased as an increase of distance but with a tendency of deceleration. This study proposes that the Bayesian model on logarithmic scales explains this tendency. The logarithmic model replicated the human responses, and made more accurate behavioral predictions than the linear model. Findings suggest that the tendency of deceleration in the spatiotemporal interferences is driven by the Weber-Fechner law. Our model provides a theoretical perspective to integrate the logarithmic time representation with power time estimation. This Bayesian framework may be useful when applied in the field of time perception and other types of cross-dimensional interferences with appropriate assumptions.

Keywords: Bayesian Estimation; Spatiotemporal Interferences; Tendency of Deceleration; Web-Fechner Law; Kappa Effect

The Effect of Task Difficulty and Age on the Lengthening Effect of Time Perception of Fear Stimuli Compared with Neutral Stimuli

Huazhan Yin, Li Zhang

Cognition and Human Behavior Key Laboratory of Hunan Province, Hunan Normal University, Changsha, China

Abstract: Human temporal perception is often distorted by emotional factors. In recent years, most of the thematic studies focusing on the influence of negative high-arousal emotion (anger, fear, etc.) on time perception have used emotional pictures, emotional faces, emotional voices or odors as research materials. The results show that subjects have longer time perception of negative high -arousal stimuli than neutral stimuli, which the effect has become one of the hotspots of research. Discussing the mechanism of this effect and its influencing factors will not only help to reveal the influence process of negative emotions on time perception thoroughly, enrich the research content of the

interaction between emotion and cognition, but also help people deal with external situations smoothly (especially threatening situations), avoid strong stress response and improve the quality of individual life.

Fear is one of the four basic human emotions, which belongs to the negative high-arousal emotion and is closely related to the individual's adaptation to the objective environment. Previous studies have explored the lengthening effect of time perception of fear stimuli, compared with neutral stimuli, but whether this effect is a primitive phenomenon and whether it changes with the amount of cognitive resources available to individuals has not been discussed in the literature. Based on this, in the experiment, the time perception of fear, anger and neutral faces of 5-year-old and 8-year-old children and adult college students was investigated. In this experiment, we found that the psychophysical functions of the temporal bisection task of fear faces and anger faces were left to the same extent as those of neutral faces, with a significant decrease in bisection points. This indicated that the lengthening effect of time perception did not change with age under anger and fear. In order to explore the effect of available cognitive resources on the lengthening effect of time perception, This experiment also added task difficulty as an independent variable , and explored the temporal perception of fear faces and neutral faces of 5-year-olds, 8-year-olds and adult college students under three task difficulties (1:4, 1:6, 1:8). The results showed that, regardless of age, compared with neutral faces, participants showed the same degree of lengthening effect of time perception of fearful faces, and the effect changed with the change of task difficulty. At the same time, we found that working memory, short-term memory and attention inhibition could not significantly predict the variation of the lengthening effect of time perception, only working memory could predict partial variation of time processing sensitivity. In conclusion, the cognitive resources available to individuals can regulate the lengthening effect of time perception.

Keywords: Temporal Bisection Task; Fear Face; Lengthening Effect of Perceived Time; Age; Task Difficulty

The Role of Age in the Relationship of Present and Future Time Perspective with Meaning in Life

Rebiguli Baikeli **a, b**, Wang Zhen-hong **a**

a Department of psychology, Shaanxi Normal University, Xi'an, China;

b School of Business Administration, Xinjiang University of Finance & Economics, Urumqi, China

Abstract: The exploration of the meaning in life is an important aspect of an individual's life course. In this study we investigated the role of age in the relationship between time perspective and meaning in life at different life stages (emerging adulthood, adulthood and the elderly), we assessed 340 people aged 18-60 using the Zimbardo Time

Perspective Inventory (short version) and Meaning in Life Questionnaire. The results showed that the adulthood (25-49) had the significantly higher scores than emerging adulthood (18-24) and the elderly (50-60) for future time perspective; the elderly (50-60) had the significantly lower scores than emerging adulthood (18-24) and adulthood (25-49) for search for meaning in life. Further, age played a moderating role in the relationship between future time perspective and search for meaning in life. The effect of future time perspective on the search for meaning in life was positive in emerging adulthood (18-24) and adulthood (25-49) and negative in elderly (50-60). These findings suggest that for the adulthood, high future time perspective was beneficial to their search for the meaning in life whereas for the elderly, low future time perspective was beneficial to their search for the meaning in life.

Keywords: Present Time Perspective; Future Time Perspective; Meaning in Life; Age

Time Perspective Orientation of College Students in Self-injury Ideation and Self-injury Attempts

Qiangqiang Li

Department of Psychology, University of Tongji, Shanghai, China

Abstract: Time perspective orientation (TPO) refers to the way an individual psychologically and behaviorally connects to temporal concepts of past, present, and future. Previous studies have hypothesized that certain types of time perspectives, such as a negative orientation towards the past, predict negative psychological functioning and outcomes, including self-injury risk. Self-injury is defined as the intentional, direct injuring of body tissue, done without the intent to commit suicide. The current study examines whether differences in TPOs are linked to self-injury thoughts or self-injury acts of college students using two measures of time perspective. **Methods:** We recruited a college students sample comprised of three groups: students with a history of self-injury attempts (attempters; $n = 80$), a history of self-injury ideation but no history of attempts (ideators; $n = 120$), and no history of ideation or attempts (non-self-injury; $n = 150$). **Results:** A Positive Past ($d = 0.87$) and Negative Past ($d = 0.83$) orientation yielded large differences between individuals with a history of self-injury ideation and non-self-injury students, where Positive Past was elevated among non-self-injury of students and Negative Past among ideators. These differences were not accounted for by depression or anxiety. However, TPO differences between individuals with a history of self-injury ideation and individuals with a history of attempts ranged from negligible to small (d range = 0.08-0.47). **Conclusion:** The findings suggest that time perspective may be robustly associated with the development of self-injury ideation, but only minimally related to self-injury attempts among ideators.

Keywords: Time Perspective Orientation; College Students; Self-injury

The relationship between time perspective and subject well-being: the mediating effects of self- concept clarity

Yanxia Wang, Houchao Lyu

Faculty of Psychology, Southwest University, Chongqing, China

Abstract: In the study, a questionnaire survey was conducted on 403 college students to explore the relationship between time perspective, self-concept clarity and subjective well-being. The results shows that: (1) Present-Fatalistic is related with life satisfaction negatively and significantly, future time perspective is positively with life satisfaction. Meanwhile, future time perspective is positively related with self-concept clarity, in contrast, the relationship between Present-Fatalistic and self-concept clarity is negative. And self-concept clarity is positively related to life satisfaction. (2) self-concept clarity partially mediates the relationship between future time perspective and life satisfaction, and it can exert entire meditative effect between present fatalism and life satisfaction. This study has important guiding significance for improving the level of happiness.

Keywords: Time Perspective; Self-concept Clarity; Subject Well-being

The Future Time Perspective and Pathological Internet Use: The Mediation Effect of Time Management Disposition

Qiqi Guo, Houchao Lyu

School of Psychology, Southwest University, Chongqing, China

Abstract: In order to explore the relationship between future time perspective, time management disposition and pathological Internet use, this study used questionnaires to survey 310 middle school students. The results showed that: (1) future positive, future persistence, future clarity and Future plan were significantly positively correlated with time management disposition and significantly negatively correlated with pathological Internet use; future negative and future confusion were significantly negatively correlated with time management disposition and significantly positively correlated with pathological Internet use. (2) Time management disposition to plays a complete mediator between the future positive, future persistence, future clarity, future plan dimensions and pathological Internet use; future confusion has a significant direct predictive effect on pathological Internet use.

Keywords: Future Time Perspective; Time Management Disposition; Pathological Internet Use

Study on the Relationship between College Students' Time Management Tendency, Learning Motivation and Academic Self-efficacy

Zheng Zhang

Sichuan Normal University, Sichuan, China

Abstract: With the change of The Times after 90 began to gradually become the backbone of the country, but this full of vitality, vigorous generation in the university of learning life also appeared procrastination, tired of learning mood and other learning problems. In order to explore the causes of these problems, this paper provides some methods to improve learning efficiency for modern college students. In this study, 450 undergraduate students in Henan normal university were surveyed by questionnaire method to explore the relationship between various variables. The results showed that :(1) in terms of gender and grade, there was a significant difference in time management tendency score, but there was no significant difference in major score; (2) there were significant differences in the scores of endogenous motivation in terms of gender and grade, but no significant differences in the scores of professional motivation; (3) in terms of gender and grade, there was a significant difference in the score of exogenous motivation, while there was no significant difference in the score of major; (4) in terms of gender, academic self-efficacy scores showed significant differences, while grades and majors showed no significant differences.

Keywords: College Students; Time Management Tendency; Learning Motivation; Academic Self-efficacy

Occupational Future Time Perspective: Concept, Measurement and Related Research

Rongrong Rao, Houchao Lyu

Faculty of Psychology, Southwest University, Chongqing, China

Abstract : Occupational future time perspective (OFTP), a future-oriented concept, refers to an individual's perception of the remaining time and opportunities in his career. OFTP is the application of future time perspective (FTP) in the field of work, which provides us with a new perspective for understanding employees' professional behaviors and organizational employee's management. Distinct from FTP, OFTP has three dimensions, i.e., focus on opportunities (FO), perceived remaining time (PRT) and focus on limitations (FL) (So far, there are few researches on FL). At present, empirical studies have suggested that both individual variables (such as personality) and contextual variables (such as organizational atmosphere) can predict OFTP, while OFTP can influence occupational

happiness, occupational motivation, occupational behavior and attitude results, job performance, SOC strategy, etc. In addition, OFTP can mediate the relationship between age and work outcome, age discrimination and retirement intention, job characteristics and work outcome. What's more, as a compensation resource, OFTP can regulate the relationship between job characteristics and job involvement. Future research should further explore the dimensions of OFTP and the impact of different dimensions on individual mental health and behavioral outcomes, clarify the predictive roles of individual variables (such as personality, gender, education level) and contextual variables (such as organizational atmosphere, work-family conflict), develop the theoretical system of OFTP as a mediator or moderator, promote the OFTP scale and include more objective measurement indicators, as well as longitudinal study design and experimental intervention study were carried out.

Keywords: Occupational Future Time Perspective; Remaining Time; Focus on Opportunities; Focus on Limitations

Effect of Attention Control on Rhythmic Temporal Expectation with the Movement of an Object

Junjie Qiu

Department of Psychology, Lingnan Normal University, Zhanjiang, 524048

Abstract: It is increasingly clear that we extract patterns of spatial regularity and/or temporal regularity between events to optimize information processing. Whereas some of the mechanisms for facilitating action preparation and execution have been well documented, much less is understood about whether and how temporal expectation influence visual processing. We investigated the influence of attention control on the spatial and temporal expectation in a moving object. In experiment 1, participants could make use of the movement of an object before its disappearance to predict the location and/or time of its reappearance. There were four different states of expectation: no expectation, only spatial expectation, only temporal expectation, and combined spatial and temporal expectation. The fact that all expectation conditions shorten reaction time significantly than the state of no expectation validated the task. In experiment 2, participants had to perform a working memory task simultaneously. The results show that the states of only spatial expectation and only temporal expectation both shorten the reaction times. However, temporal expectation is more susceptible to attention control.

Keywords: attention control, rhythmic temporal expectation, spatial expectation, dual-task paradigm

6 Introductions

Faculty of Psychology, SWU

History

Faculty of Psychology at Southwest University was built upon the former Psychology Research Section of the Department of Education at Southwest Normal University since 1950s. It was then developed into the Research Institute of Psychological Science in 1988. Based on School of Psychology which was founded in 2003, the faculties and staffs from various centers were moved together to form the new Faculty of Psychology in 2011, including Educational Science Research Institute, Key Laboratory of Cognition and Personality of Ministry of Education, Chongqing Psychological Health Education Research Center, and Psychology and Social Development Research Center, Key Laboratory of Basic Psychology in Chongqing. Now, it is one of the key education research divisions supported by Southwest University “Double First-rate” Program.

For half a century, many prominent scholars have made remarkable contributions to the Faculty of Psychology. Professor Huang Xi-Ting serve as the first director of the Research Institute of Psychological Science also the first head of the Department of Psychology. Followed his Lead, all members of Faculty of Psychology pay unremitting effort to make great achievements in fields of Discipline Development, Science Research, International Communication, Personnel Training, Social services.

Faculty and Staff

At present, there are 87 faculty members in Faculty of Psychology. Among the faculty members, there are 24 professors, 32 associate professors, 24 Ph.D. Student advisors, 60 Master Student advisors. We have ONE distinguished professor, TWO named the National 1000 Talents, THREE Changjiang Chair Professor of Ministry of Education, THREE New Century Excellent Talents of Ministry of Education, ONE named The Hundred Talents of Chinese Academy of Science/Chongqing, ONE Bayu Scholars, and NINE leaders in Science and Technology of Chongqing.

Teaching

There are 3 undergraduate programs in the Faculty of Psychology: psychology, psychology (normal), and applied psychology. In 2015, we have a Joint Undergraduate Program between Southwest University and Australian National University in Psychology. In recent years, Faculty of Psychology has been undertaking more than 30 different kinds of teaching projects including one national top-quality course, three Chongqing top quality courses

and two Chongqing key courses.

Faculty of Psychology paid high attention to building the high-quality curriculum and teaching team. Until now, we have obtained one national top-quality curriculum, two municipal curriculums and three school-level top-quality curriculums. Many bilingual courses have been approved to set up. Personality Psychology course has been awarded the school-level bilingual model course.

Moreover, we won more than 20 teaching achievements prizes including the second prize in the Chongqing educational achievement and the second prize in the Chongqing excellent research achievements of audio-visual education. In addition, we published more 40 educational research papers and more than 100 textbooks, monographs and popular science readings.

International Outreach

Faculty of Psychology has always valued the international communication. Center of International Collaborate and Communication has been set up to train international mind of students and attract international talent. The Joint Undergraduate Program between Southwest University and Australian National University in Psychology has recruit over 100 students each year since 2015. Student from each grade were encouraged to take part in various Interchange and Joint training programs. Faculty of Psychology has supported multiple teachers to go abroad as visit scholar each year since 2008.

Faculty of Psychology has developed long term research and teaching collaboration relationships with many well-known universities in America, England, Canada, Japan and Australia. As for the attraction of international intelligent, we have hired many internationally well-known specialists as guest professors. Each year, dozens of international well-known professors will be invited to give lectures in the Faculty of Psychology.

Research

Core Facilities

After many years of platform construction, we now have five major facilities: platform for computing and statistics; platform for translational medicine research; platform for behavioral sciences; platform for electrical physiology; and platform for brain imaging.

Research Teams

We now have 8 frontier research teams based on the theme of Personality Dynamics, Personality Development and Personality Adaptation.

Southwest University, China

Southwest University (SWU) is a national key university under the direct administration of the Ministry of Education of the People's Republic of China, one of the "211" project universities, with a famous garden-style campus. With the development of over 113 years, SWU has established 35 faculties/colleges covering 12 out of 13 disciplinary categories including philosophy, economics, law, education, literature, history, sciences, engineering, agriculture, medicine, management and art, offering 22 postdoctoral programs, 100 doctoral programs, 168 master programs, and 97 bachelor programs.

SWU has developed its distinctive schooling characteristics in teacher education and agriculture research. It excels in a number of disciplines including pedagogy, psychology, agronomy, life science, economics and management. Among them, the silkworm genome research takes the lead in the world, while chemistry, agriculture, botany and zoology rank ESI top 1% among the global universities and research institutions, and **basic psychology and pedagogy rank top 5 in China**.

Now the total number of the students at SWU has reached more than 100,000, nearly half of whom are full-time undergraduates and postgraduates. SWU is committed to international academic exchange and cooperation and has set up international cooperative and exchange programs with more than 130 universities and research institutions in more than 30 countries and regions. Since the 1950's, SWU has been enrolling international students. Now, there are over 2200 international students from over 90 countries and regions studying at SWU for their bachelor, master, doctoral degrees or for Chinese language studies every year.

Chongqing: A Profile

Located in Southwest and inland China and on the upper reaches of the Yangtze River, Chongqing has jurisdiction over 38 districts and counties, covering an area of 82,400 km² with 33.9 million registered population, of which 30.75 million are permanent residents, and 64% urbanization rate. Chongqing's population is mainly comprised of ethnic Han Chinese, as well as other ethnic minorities such as the Tujia and Miao people. Known as a "mountain city", Chongqing is famous for its hills and mountains that cover 76% of its land. Chongqing sits in the subtropical monsoon humid climate zone. The Yangtze River runs through Chongqing, extending 691 km, and is joined by the Jialing River and Wujiang River in Chongqing. Chongqing boasts rich tourism resources such as the

Three Gorges, Dazu Rock Carvings, a UNESCO World Cultural Heritage and Wulong Karst Landscape, a UNESCO World Natural Heritage and Jinfo Mountain of Nanchuan District.

As a famous historical and cultural city of China, Chongqing is the birthplace of Ba-Yu Culture (an ancient culture originated in Sichuan and Chongqing) with a recorded history of over 3,000 years. The official abbreviation of Chongqing, “Yu”, was derived from “Yushui (Yu River)”, the old name of Jialing River. In the first year of Chongning in Northern Song Dynasty (1102 A.D.), the Yu Prefecture was renamed Gong Prefecture. In the 16th year of Chunxi in Southern Song Dynasty (1189 A.D.), Chongqing received its current name after Prince Zhao Dun described his crowning as King and then Emperor Guangzong as a “double celebration”, the original meaning of “Chongqing”. In his honor, Gong Prefecture was therefore renamed Chongqing Fu (province), marking the occasion of his enthronement. In 1891, Chongqing became the first inland commerce port open to foreigners. In 1929, the City of Chongqing was founded. During the War of Resistance against Japanese Aggression, Chongqing served as the wartime capital of the Republic of China and the Far East Command Center of the World Anti-Fascist War. During the War against Japanese Aggression and the early days of the Liberation War, the Southern Bureau of the CPC Central Committee in Chongqing, represented by Comrade Zhou Enlai, was responsible for leading the party organizations and the united front work in the Kuomintang regions, Hong Kong, Macao and overseas regions. The Hongyan Revolutionary Spirit formed during the process is a precious spiritual wealth of our country and nation.

Chongqing is the only Municipality in Central and Western China which reports directly to the Central Government. Chongqing was a political, economic and cultural center in southwestern China, the seat of the Southwestern Bureau of the CPC Central Committee and the Southwestern Military and Political Commission in the early years of New China. In 1954, the Southwestern Region was restructured, and Chongqing became a city under Sichuan Province’s jurisdiction. In 1983, Chongqing became the first pilot city for national comprehensive economic reform with independent planning status. In order to promote the economic and social development of the western region and the upper reaches of the Yangtze River, and to coordinate the planning and implementation of the Migration Project of the Three Gorges, in March 1997, the Fifth Session of the Eighth National People’s Congress approved the establishment of Chongqing as a Municipality which reports directly to the Central Government.

Chongqing has made significant achievements since becoming a Municipality which reports directly to the Central Government. Positioned as one of China’s National Central Cities, the economic center of the upstream Yangtze basin, a major modern manufacturing base and transportation hub in southwest China, and an inland opening-up center in China, Chongqing has made great efforts to accelerate its economic and social development. Chongqing

has stepped up its economic structural transformation and upgrading to invigorate its industrial base. Chongqing has the largest electronics and information industry cluster in the world and the largest automobile industry cluster in China. Emerging industries with strategic significance are flourishing with better-quality and higher efficiency. The relocation and resettlement for 1 million migrants of the Three Gorges have been completed with success, and all social undertakings have achieved progress. Chongqing has sped up its infrastructure construction: 3,096-kilometer expressways and a “4-hour transportation network” have been completed. The “one hub and ten arteries” railway networks have been built. The annual cargo throughput of the Chongqing port hits 197 million tons, and the Jiangbei International Airport receives 41.6 million passengers per year. As a pioneer of opening-up in inland China, opening-up corridors have been built including the Yangtze River Golden Waterway and the China-Europe Railway Express (Chongqing). The third intergovernmental cooperation project between China and Singapore has been launched in Chongqing. The China (Chongqing) Pilot Free Trade Zone is making practical progress. The development of Chongqing as an international logistics hub and a city with a complete port system in inland China is picking up steam. Chongqing has advanced its efforts in building an eco-security shield in the upper reaches of the Yangtze River. The general water quality of the Yangtze River, Jialing River and Wujiang River is good. Chongqing city proper registers 316 days of good air quality and the forest coverage rate in the Municipality reached 48%.

At present, Chongqing maintains a sound development momentum. In 2018, Chongqing’s GDP reached RMB 2.03 trillion yuan, a year-on-year increase of 6%. The total import and export value increased by 15.9%. The volume of service trade increased by 20.7%; foreign direct investment increased by 43.8%; the actual use of foreign capital was 10.27 billion US dollars; per capita income of urban and rural residents registered an increase of 8.4% and 9% respectively; the newly added urban employment was 753,000, and the surveyed urban unemployment rate steadied at 4.7%.

[illegible]

[illegible]

[illegible]

时间洞察力国际学术研讨会 International Symposium on Time Perspective

