

УДК 159.923:341.321

TIME ORIENTATION OF PERSONALITY PROVIDED UNDER  
THE CONDITIONS OF ATOPavlenko O. V.  
ORCID 0000-0002-1263-4989  
oksanapav.11@gmail.com

*The article analyzes the notion of a balanced perspective of the individual. Its value is defined for a person who is in difficult life circumstances. The attitude of the person in the ATO to the time space of his own life is analyzed. There are three main groups of respondents in the ATO zone, in particular military ATOs, settlers and residents of the «gray zones». The preferred orientation of respondents for a certain time of their own life was revealed. Comparison of time orientation with respondents living in stable territories is made. It is determined that the focus on the future is typical only for representatives of the control group, all respondents related to the ATO are oriented predominantly at the present time, that is, they live «here and now». The associative number of respondents related to a certain time has been analyzed. It has been determined that the past is often associated with emotions by the respondents, the present is related to actions, and the future is with meanings. For settlers there is mostly a positive associative connection to the past, and for the military ATOs and residents of the border areas - with the future. The degree of satisfaction with the past, present and future time is determined. It was diagnosed that the smallest satisfied with their own lives are settlers and residents of the border with the zone of ATO territories. Most respondents of these groups are not satisfied with the present moment of life. However, the attitude towards the future for these categories is more optimistic than for the representatives of the control group, which may be due to the non-realism of the prospect of the future. For military ATOs characterized by high satisfaction with all the time space of their own lives, which may be due to the situation of direct involvement in hostilities, which may endanger the lives of respondents. The prospect of our study is to develop programs for facilitating the acceptance and transformation of our own temporal continuum for each of the presented categories of respondents located in the ATO zone.*

*Keywords: time space, time orientation, difficult life circumstances, balanced time perspective.*

*У статті проаналізовано ставлення особистості, що знаходиться в умовах АТО, до часового простору власного життя. Визначено зміст поняття часових орієнтацій та його значення у складних життєвих обставинах, в якій опинились військові АТО та мешканці територій, що входять в зону АТО. Виявлена переважна орієнтація респондентів на певний час власного життя. Здійснено порівняння часової орієнтації із респондентами, що мешкають на стабільних територіях. Проаналізовано асоціативний ряд респондентів, пов'язаний із певним часом. Визначено, що минуле найчастіше асоціюється у респондентів із емоціями, теперішнє – з діями, а майбутнє – із смислами. Визначено ступень задоволеності власним минулим, теперішнім та майбутнім часом.*

*Ключові слова: часовий простір, часові орієнтації, складні життєві обставини, збалансована часова перспектива.*

*В статье проанализировано отношение личности, находящейся в условиях АТО, к временному пространству собственной жизни. Определено содержание понятия временных ориентаций и его значение в сложных жизненных обстоятельствах, в которой оказались военные АТО и жители территорий, входящих в зону АТО. Определена ведущая ориентация респондентов на временной континуум своей жизни. Проанализирован ассоциативный ряд респондентов, связанный с переживанием определенного времени. Определено, что прошлое зачастую ассоциируется у респондентов с эмоциями, настоящее - с действиями, а будущее - с смыслами. Исследованы степень удовлетворенности собственным прошлым, настоящим и будущим для выбранных категорий респондентов.*

*Ключевые слова: временное пространство, временные ориентации, сложные жизненные обстоятельства, сбалансированная временная перспектива.*

The attitude of the individual to the time of his life is considered, on the one hand, as situational-determined, and on the other - as a relatively stable process. Excessive concentrations on one of the time measurements can be determined by different factors. But, the main thing is not the past, present or future in itself, but their connection, integration, structure in person's consciousness. However, the question of how crisis life situation affects the formation of the attitude of the individual to the time of his life, and how this, in its turn, affects how this person is going through the past and building his own future is an issue of relevance. Recently, in our country the life of many members of our society undergo changes. Life has changed mostly in those categories of people who are directly involved in events in the east of Ukraine. Almost all of these people faced the task of building a new perspective of their own future. For some of them there is a need to survive the traumatic events of the past, and to realize this point of transition in the present, which is rather uncertain.

The concept of a sustainable attitude to the time of human's life was developed by F. Zimbardo and J. Boyd and others. The researchers identified the significant impact of time perspectives on various aspects of human existence. According to their theory, living in time means feeling in the process of moving from the past through the present to the future. People who live beyond time, fall into one of the traps of the divided time - in the trap of the past, the trap of the present day or the trap of the future. When fixing on the past - a

person lives mainly in memories, experiences, in this case, the future is frightening, and for existence in the present the person feels lack of courage, strength or sense. When fixing on the present - a person lives only here and now, at this very moment. Some psychotherapeutic approaches place emphasis on this perception of time, but the absolutism of today leads to the fact that human is unable to build his life in the external world in accordance with his desires, it is difficult for him to plan actions, build, structure his life, it remains for him only to respond to stimuli. When fixing on the future - a person can so deeply plunge into plans and dreams that they turn out to be torn off from reality.

The researchers proposed the concept of a balanced time perspective linked to the hypothesis that the optimal way of perceiving time is not the dominance of any particular time zone, but the combination of orientation towards the future with a positive attitude to the past and hedonistic attitude to the present. The researchers single out a balanced, flexible time perspective, which allows choosing the appropriate time orientation for each particular situation. In their opinion, such time orientation is the most optimal for the functioning of a person in society. [6]

However, everyday life is characterized by an established way of life, subjective consistency of motivation and purpose guidelines and the results obtained, the confidence of the individual that everything is going right and natural. The situation that arises in human's life as a result of violation of this law changes not only the sustainable way of life, but also the personality's perception of the time of his life and his idea of his own past, present and future. That is, the new circumstances that arose in the life of personality as a result of the beginning of the situation of military confrontation in the territory of the ATO require from the person changes in his own instructions and methods of activity.

According to the famous Ukrainian scientist Yu.M. Shvalb: «The dynamic nature of life as a way of existence of the world constantly leads to changes in the objective conditions of human life. These changes can have different effect on the structure and content of life, which depends on the degree of spontaneity or the mediation of their significance for the organization and implementation of specific activities by the individual» [4, 37]. So: «The complicated life circumstances are experienced by the individual as an inability to «live in such conditions» and his own insolvency to change the living conditions himself. Complicated life circumstances always occur «suddenly», as changes that lie outside the zone of expectations and forecasting. Their difficulty lies in the fundamental absence of an individual's psychological readiness for the formation of new schemes for the organization of his own life in the changed conditions.» [4, 38].

In this way, the complicated life circumstances demand from the individual to review or change the previous strategies of life, the attitude towards his own time of life and the perspectives of his own future.

At present, according to many researches, such prevailing emotions in the population and participants in the armed conflict zone are diagnosed: anxiety, irritation, aggression and fears that reflect the negative picture of the mental state of the population [5].

The psychological consequences of participation in events that endanger the life or health of the individual may appear in the post-traumatic stress disorder (PTSD), which occurs as an acute, prolonged or delayed response to life threatening situation. [2]

Questions of the diagnosis and rehabilitation of PTSD for those who participated in hostilities or were in the area of combat operations at the present moment are rather investigated (S. Horuzhii, I. Pishko, N. Lozinskaya, N. Tarabina, M. Babenko, M. Rotan, M. Varii, N. Titarenko, etc.) [2,3]. S.M. Horuzhii presented the general description of the paradigms of psychological help to the personality who survived the traumatic stressful situations associated with the ATO and proposed a program of individual and group care [3]. However, the question of changing the attitude of the individual to the time of his life and the adoption of his own time continuum in our time is not sufficiently investigated.

Thus, the **objective** of our **study** was the effect of a complicated life situation on personality's perception of the time of his own life.

In order to solve this problem, we carried out the research using the method of "Time Decentration" by Y. I. Golovakha and O. O. Kronik, the method "Time Orientation in the Associative Experiment" (modification of the "Associative Experiment" method) L.A.Regush with the help of which we have identified the temporal orientation and temporal orientations of the subjects, and the "scale of satisfaction with life" was used by us to analyze the degree of satisfaction of the individual with his own past, present and future.

The study was conducted on 187 people aged 18 to 61 years. Among them there were 80 men and 107 women. In connection with the inclusion in the ATO situation, the respondents were divided into 4 groups: 1 - residents of stable regions (control group) who did not directly participate in ATO events; 2 - ATO fighters, 3 - internally displaced people; 4 - residents of the "gray zones" or border areas with the zone of ATO.

Firstly we investigated the temporal orientation of the respondents using the method of "Time Decentration" by E.I. Golovaha and O.O. Kronik. The participants of the study, using the proposed scales, had to evaluate their experiences of the time in the real period of their life. We obtained the following results, which are presented in Table 1

Table 1

## Time-specific orientation for respondents

	Orientation to the past	Orientation to the present	Orientation to the future	Not determined
Overall sampling	8,22%	39,38%	34,28%	17,52%
Residents of stable regions CG	7,50%	33,21%	46,98%	12,31%
ATO fighters	8,76%	40,65%	27,94%	22,65%
Internally displaced people	11,20%	43,65%	32,44%	12,71%
Residents of the border areas («gray zones»)	8,76%	40,64%	31,01%	19,59%

Time decentrations indicates the most characteristic, typical for a person orientation to the past, present or future time. The predominant orientation of a person at a certain time is included in a holistic personal organization and is usually associated with intellectual, emotional and will characteristics.

Among the general sample, the focus is on the present 39.38%, that is, fixation in the present - life only here and now, at this moment. Some psychotherapeutic approaches place emphasis on restoring / strengthening the ability of a person to feel in the present, but the absolutisation of today leads to the fact that man is incapable of constructing his life in the external world in accordance with his desires, it is difficult to plan actions, to build, to structure life, it remains only to respond to stimuli. Fixation in the future (34.28%) - a person is immersed in plans, dreams and they appear to be separated from reality, and when he returns to reality, he loses sensitivity to what is actual. In cases of fixation in the past (8.82%) - a person lives mainly in memories, experiences, when the future is scary, and a person lacks courage or strength to exist in the present. [6 (G, 2015)]

For the respondents who were distributed by us on the basis of their participation in the military conflict that took place on the territory of eastern Ukraine (military ATO, internally displaced people, residents of the border areas with the zone of ATO territories and residents of stable territories (CG)) we obtained the following results: the only group for which the orientation towards the future was diagnosed is the residents of stable regions (control group) (46.98%). The other groups are characterized by the focus on the present. Thus, we can conclude that the complicated life situation for representatives of other groups influenced them in such a way that they were forced to concentrate on the present moment of time.

Most of all it is typical for internally displaced people - 43.65% of respondents, ATO fighters - 40.65% and residents of border areas - 40.64%. At the same time, the representatives of the ATO group - 26.94% demonstrated the least orientation for the future, which is almost 20% less than the results of control group.

Thus, the orientation towards the past is the greatest for the group of internally displaced people (11.2%). We can observe the lowest indexes of fixation on the past among representatives of the control group.

Mainly the respondents live through the orientation of "here and now", that is, they are guided in the space of their life through reaction to the stimuli of the present. At the same time, the focus on the future for the respondents living on the territory of ATO is reduced, which is connected with responsibility, the peculiarity of which is the prediction of the consequences of the taken decisions, and assessment of their capabilities in their implementation.

The next step of our study was conducting method of "Time orientation in associative experiment" (modification of the method "Associative experiment") L.A.Regush, with the aim of determining the time orientations of human. To do this, we asked to write as many words as possible connected with the past, the future and the present. For the processing and analysis of the results we have defined the length of the associative series, that is, the number of words is calculated, and the structure of the associative row is determined, for which it is necessary firstly to count the number of semantic nests, and then the size of these nests. The results of the study are presented in Table 2

Table 2

## Quantitative analysis of the results of associative experiment

Time	The length of the associative row		Semantic nests	
	Overall	Average	Number	Average size
Past	601	4,09	64	11,69
Present	500	3,4	57	8,77
Future	561	3,82	48	9,39

Thus, the longest associative link arises when respondents refer to the past, as well as the largest number of semantic nests and the length of the associative row. The smallest number of semantic nests arises when the thing is about the future, the present is characterized by the smallest average length of the associative row.

After conducting a qualitative analysis of the results of the associative experiment, we found several basic directions when choosing associations. So the researchers choose the words that they associate with emotions or feelings, such as love, joy, happiness, fear, boredom ...; or words related to these or those actions

(work, study, divorce, labor, care, etc.); or words associated with any significant concepts or categories for a person (family, friends, health, beauty, relatives ...). The results of the analysis are summarized in Table 3

Table 3

## Qualitative analysis of the results of associative experiment

		Emotions, feelings	Actions	Significant categories
Past	Number of mentioning	271	193	136
	The most common associations	Love, joy, happiness, emotion, fun, fear, boredom	Education, work, childhood, knowledge, work, leisure, routine	Family, friends, children, parents, relatives
Present	Number of mentioning	204	198	103
	The most common associations	Love, joy, hope, satisfaction, faith, positive, interest, fear, hard	Work, planning, stability, hobbies, cognition, understanding	Family, friends, life, parents, health, war
Future	Number of mentioning	135	187	238
	The most common associations	Love, joy, hope, well-being, pleasant, faith	Stability, work, rest, expected, desired, planned, care	Family, children, sun, home, health, friends

Thus, the past is associated with emotions and feelings and the length of the associative row in this case is the longest, with an average of 4,09 words. The associative row of the present almost equally consists of actions and emotions with feelings, while the average length of the associative row is the shortest - 3.4 words. When referring to the future, the respondents often associate with important concepts for them that are bearers of some meaning for respondents, while the average length of the associative row is 3.84 words.

At the same time, we did not distinguish fundamental difference in the results for the representatives of the selected groups of respondents located on the territory of the ATO. However, it can be noted that the representatives of the "internally displaced people" group are characterized by a rather positive coloration of selected associations connected with the past. This may be due to the idealization of the past.

Using the scale of life satisfaction, we researched the level of satisfaction of respondents with their own past, present and future. At the beginning, they were asked to evaluate the satisfaction with their own lives and to choose the statement that best suits their assessment of the periods of the past, present and future of their own lives. To do this, we used a scale of five statements, two of which expressed dissatisfaction with their own lives (dissatisfied and rather unsatisfied), two - satisfaction (satisfied, rather satisfied), and neutral attitude (like everyone else). According to the results of the survey, we received the following results, which are presented in Table 3

Table 3.

## The degree of satisfaction with their own lives

	Dissatisfied	Rather unsatisfied	Like everyone else	Rather satisfied	Satisfied
Past	0%	9,68%	11,29%	62,90%	16,13%
Present	1,54%	15,38%	6,12%	33,85%	35,38%
Future	0%	3,28%	2,72%	31,15%	59,02%

Thus, the greatest satisfaction with one's own life is manifested in relation to the personal future, that is, the events that are planned or expected in the future of their own lives (90.17%). The highest degree of dissatisfaction manifests itself in relation to their own present, so almost 17% of respondents are dissatisfied with their own present. In relation to their own past, the subjects most often chose the answer "Rather satisfied" (62.90%).

According to the results of the study of the degree of satisfaction with their own lives for representatives of different groups, we built table 4

Table 4

Satisfaction with the time space of their own lives for respondents who are in the conditions of ATO

Group	Time	Dissatisfied	Like everyone else	Satisfied
ATO fighters	Past	8,00	8,00	84,00
	Present	2,15	15,00	82,85
	Future	-	-	100
Internally displaced people	Past	11,11	22,22	66,67
	Present	30,00	10,00	60,00
	Future	11,11	22,22	66,67
Residents of boarder areas	Past	11,45	11,45	77,1
	Present	22,85	22,85	54,3
	Future	2,95	5,90	91,15
Control group	Past	8,15	11,75	80,1
	Present	12,35	8,45	79,2
	Future	3,3	13,2	83,5

The least satisfied with their own lives are the internally displaced people and the residents of the border areas. The internally displaced people are characterized by high dissatisfaction with the present (30%) and rather low satisfaction with the past and the future (66.67%). That is, the perspective of the future for the representatives of this group is realistic, but it is not always optimistic. The least satisfied with the present are residents of the border areas (54.3%), however, for representatives of this group is characterized by high satisfaction with the future (91.15%), while for the control group it is 83%. This may be due to the fact that the representatives of this group mostly do not analyze the current situation, and the perspective is rather unrealistic. Interesting appeared the results of the representatives of the group «ATO fighters», the representatives of this group are characterized by the greatest satisfaction with the entire time continuum of their own lives. This may be due to the current situation, which is dangerous for the representatives of this group, and requires full concentration and lack of reflection to solve the problem of saving their own lives.

Thus, the study of the attitude of the individual in the conditions of ATO to the time of his life has shown that the greatest satisfaction with his own life is manifested in relation to the events of a possible or expected future, and vice versa, dissatisfaction - in relation to the present moment. Among the general sample, the focus is on the present, that is, the fixation is in the present. Fixation in the future for these categories of respondents is not typical. At the same time, the respondents often associate the past with emotions, the present - with actions, and the future - with the meanings. For the internally displaced people there is mostly a positive associative connection to the past, and for the ATO fighters and the residents of the border areas - with the future. That may be connected with the idealization of the past by the internally displaced people, and the future - by ATO fighters and the residents of the border areas.

However, the result, which is the most desirable and positive, is the balanced time perspective, which is connected with the experience of satisfaction with one's own life and experience in the combination of the past, the present and the future. Therefore, the further perspective of our study is the development of the assistance programs for the acceptance and transformation of its own time continuum for each of the presented categories of respondents located in the ATO area.

#### References

1. Kisarchuk Z.H. (2015). *Psykholohichna dopomoha postradzhalym vnaslidok kryzovykh travmatychnykh podiy: metodychnyy posibnyk*. Kyiv: TOV Vydavnytstvo "Lohos".
2. Кісарчук З.Г. (2015). *Психологічна допомога постраждалим внаслідок кризових травматичних подій: методичний посібник*. Київ: ТОВ Видавництво «Логос».
3. Tytarenko, N. M. (2015). *Напряму psykholohichnoyi rehabilitatsiyi, shcho perezhyvaye travmy viyny*. V N. Tytarenko, *Psykholohichna dopomoha osobystosti, shcho perezhyvaye naslidky travmatychnykh podiy*. Zbirnyk statey (str. 10-17). Kyiv.
4. Титаренко, Н. М. (2015). *Напряма психологічної реабілітації, що переживає травми війни*. В Н. Титаренко, *Психологічна допомога особистості, що переживає наслідки травматичних подій*. Збірник статей (стр. 10-17). Київ.
5. Khorunzhyu, S., Pishko, I. O., & Lozyns'ka, N. S. (2017). *Psykholohichna robotaz posttravmatychnymu stresovomu rozladamy u viys'kovosluzhbovtiv Zbroynykh Syl Ukrainy*. *Metodychnyy posibnyk*. Kyiv: NDTs HP ZSU.
6. Хорунжий, С., Пішко, І. О., & Лозинська, Н. С. (2017). *Психологічна робота з посттравматичними стресовими розладами у військовослужбовців Збройних Сил України*. *Методичний посібник*. Київ: НДЦ ГП ЗСУ.
7. Shvalb, YU.M. (2017). *Zhyttyeva kryza i psykholohichne zdorov'ya osobystosti*. S .D. Maksymen-

ko, S. B. Kuzikova, V. L. Zlyvkova. Osobystist' yak subyekt podolannya kryzovykh sytuatsiy: psykholohichna teoriya i praktyka: monohrafiya (str. 20-40). Sumy: Vydavnytstvo SumDPU imeni A.S.Makarenka.

Швалб, Ю.М. (2017). Життєва криза і психологічне здоров'я особистості. С.Д. Максименко, С. Б. Кузікова, В. Л. Зливкова. Особистість як суб'єкт подолання кризових ситуацій: психологічна теорія і практика: монографія (стр. 20-40). Суми: Видавництво СумДПУ імені А.С.Макаренка.

5. Psykosotsial'na pidrtymka osib z travmoju viyny: mizhnarodnyy dosvid ta ukrayins'ki realiyyi: zbirnyk materialiv, dopovidey Vseukrayins'koyi naukovopraktychnoyi konferentsiyi. (2018). (str. 322). Mariupol': DonDUU.

Психосоціальна підтримка осіб з травмою війни: міжнародний досвід та українські реалії: збірник матеріалів, доповідей Всеукраїнської науково-практичної конференції. (2018). (стр. 322). Маріуполь: ДонДУУ.

6. Zimbardo, P. G., & Boyd, J. N. (2008). The Time Paradox: The New Psychology of Time that Will Change Your Life. N.Y.: Free Press.