

UDC 316.614.4 – 055.1/2 – 053:614.46
DOI:10.26565/2410-1249-2020-13-06

THE TIME PERSPECTIVE OF PERSONS IN RESTRICTIVE CONDITIONS OF QUARANTINE: SEX AND AGE ANALYSIS

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The work depicted the theoretical and empirical research of sex and age characteristics of the content of time perspectives of persons who are staying in restrictive conditions of quarantine. The theoretical justification of the importance of forming a coherent time perspective of the person for its integration in the social system accommodates the analysis of structural and functional purpose and typological characteristics of time perspectives. The regulatory content of the time-space continuum of the person in the conditions of deprivation are emphasized and restrictive conditions of quarantine in the signs of polyfunctional deprivation that determine the content of the time perspectives of subjects of self-isolation are outlined. *The purpose* of the presented material is theoretical and empirical studying sex and age characteristics of the content of time perspectives of persons who are staying in restrictive conditions of quarantine and justification or signs of their balance. Basing in the analysis and theoretical generalization of the problem was created the program of the individual-oriented survey of persons who are in self-isolation due to the COVID-19 pandemic, that accommodates testing methods and a set of methods for mathematical processing of results. Sex and age differences in the time perspectives of persons in restrictive quarantine conditions were found: men of all age categories are defined by the dominance of the time perspective of the hedonistic-fatalistic present, strongly conspicuous among men from 25 till 50 years of age by the characteristics of the negative past and transcendent future; among men over 50 years of age by characteristics of transcendent future; women (age range up to 50 years) are determined by the dominance of the time perspective of the future direction, and women over 50 years - the dominance of the time perspective of the negative past. The absence of signs of life balance of the identified time perspective profiles is proved and the main vectors of formation of the optimal time perspective profile are outlined: *vector of actualization of the future* for men and *vector of actualization of the present* for studied women.

KEY WORDS: time organisation of the person, time perspectives, deprivation, self-isolation, life balance.

Formulation of a studied problem. The realities of today's life demonstrate the stressful tension related to the introduction of restrictive quarantine measures that cause feelings of anxiety, irritation or apathy and depression, and which potentially lead to maladaptational reactions, deeply distort the psyche and exacerbate neuropsychiatric disorders in behavior. Although psychologist say that during this period, a person has the opportunity and time to devote to themselves, their favourite activities, planning of the future and so on, the deprivation factors of self isolation inhibit full social self realization of the person, that primarily affect the content and even the loss of time competence. It is

being talked increasingly frequently about the distortion of the ability to use and plan the time rationally, to conduct an adequate assessment of time spent, to anticipate the plan of achievements in the future, etc. As a consequence, the time perspective of personality is violated, which is classically considered as the key factor of the life success, which Pittacus also spoke about as a conscious form of «personal time» and which he framed in the wise saying «Know your time!».

For modern psychological studies, it is important to establish the dependancy between the externally set objective duration of a particular time interval and its subjective assessment. According to the cause-

and-purpose approach, the unit of the psychological time is not the interval of physical time and not the event as itself, but inter-event connection like «cause-effect» or «goal-tool». The phenomenon of interrelation and conditionalities of the past, present and future in the individuals consciousness and behaviour described by the term «time perspective of personality». Herewith, an integral time perspective centered in the present is the important condition of self-isolation of personality. Time perspective violation occurs as a result of excessive immersion in memories or dreams, exclusion from current life events and social institutions, lose the feel of sense of belonging to the social group and a vision of one's place in it. Therefore, there is every reason to believe that it is the restrictive conditions of quarantine that contribute to the violation of the time perspective. Also, according to P. Zimbardo and J. Boyd the different variations of the time perspective depend on many personal, social and institutional factors, but the most optimal variant of its study is the personal disposition format (Zimbardo, 2010). That is why from this angle of the study of time perspective as a personal disposition in conditions of self-isolation, full of frustrating experiences, we offer a review of the presented material.

The analysis of the latest publications. The conceptual essence of the identified problem is showed in the causal concept of psychological time, which is based on a relational approach to the problem of time in general, where the activity, sequence, direction and other properties of time are derived from the structure of a particular process and the relationship between events that occur in it (Golovacha, 2015), and the position on the importance of forming a coherent time perspective of the person for its integration into the social system (Boniwell, 2004).

The causal concept was formed in the researches of the biographical scale of the psychological time of the person, where the life path is deployed in time and all life plans and ways of their implementation are ordered and realized together with organization and regulation of time. On that score S. Rubinstein notices that «the right time perspective in the relation to the past, present and future, to the life

and death, to the finiteness and infinity - all these are necessary prerequisites for a full life, the attitude of human to human» (Rubinshteyn, 1973, p. 372). In V. Kovalev's concept of comparative organization of psychological time there were dedicated levels of the human time (subjective-experienced, perceptual, personal (conscious), subjective and individual time) are characterized by distinct limits of the interaction, where the highest manifestation of psychological perfection of the individual is observed at the level of time of person, which is characterized by optimal integration of its emotional-sensory, intellectual and volitional processes that mediate the implementation of its own life in time. The folded «time organization of life» is defined by an individual as the duration and sequence of events and situations in their own life, giving them an arbitrary tempo and rhythm in the necessary or desired direction (Kovalev, 1988). Also, E.Golovaha and O.Kronik emphasize the position of formation of psychological time based on the person's experience of determinative links between the main events of the life. These determinative events are characterized by direction, sign, length, subjective probability, belonging to the past, present and future (Golovacha, 2015).

But the value of the person's life time determines by the density of her time perspective. Depending on how clearly and adequately correspond the certain life stages in the consciousness, its immediate and remote life events and phenomena, it is said about the structure, consistency of the time perspective, the main components of which are life plans, life goals and corresponding levels of claims and age expectations, value orientations of the person. In response to the openness of the experience the consciousness of the cause-effect relations among events of personal life increases, in consequence of what the images of the past, present and future blend into the integral picture of the life path of the person. The unit of the past is an implemented link between two events of the chronological past, the unit of the psychological past is the potential link between events of the chronological future, the unit of the psychological present - the current link between chronological past and future. The permanent link with the current experience keeps the time center of

personality in the present moment providing its coincidence with physical present time.

Nevertheless, this picture of the time perspective is the result of intense internal work of the person, awareness, and comparison of the meaning of various events in their own life. Therefore L. Antsyferova in the system-diachronic concept of the personal development emphasizes that the gradual passage of the person's life path accompanied by the formation of the configuration of properties and traits, that were formed as individual reactions on the own traits and forms of the behaviour, and identifies the complexes of protective, compensatory, complementary, reinforcing and other properties, that gradually become autonomous and begin to define the types and levels of the individual functionality of the person (Antsyferova, 1994).

Among the variety of the researches of the time perspective, there are works that stand out in a special way, that are related to developing and supplementing of the famous psychological theories and conceptions of personality, its structure, developmental growth and determinations at different stages of the life path. This refers to W. James's consideration of the concept of the «time perspective» as a knowledge of certain parts of the past and future, near and remote, that is always consolidated with the knowledge of the present (James, 1991). Ch. Bühler, describing the time structure of the person's life path, proceeded from the following fact that based on the practical activity and focused on the realization of the goals and challenges of the person the certain time conception is becoming formed, that constructs the link of the past, present and future (Loginova, 1980). P. Fress emphasizes that the human having studied to identified the time that is the law of the changes, to a certain extent learn to own and to master it - in thought or in action, and thus plan the future activities (Fress, 1978). P. Janet considers the psychological time of the person in connection with the social function of memory, therefore all events that cover the long chronological period, are generally always presented in the memory that performs the social function (Jane, 1981). J. Nyutten believes that «the future and previous events

influence the present behaviour in the way they are currently presented on the cognitive level of behavioral functioning» (Nyutten, 2004). L. Carstensen believes that the perception of time plays a fundamental role in the selection and search of social goals (Carstensen, 1999). A. Bandura says that self-effectivity of each person depends on the belief in one's own effectivity that bases on the previous experience of relevant estimates and reflection of future possibilities (Bandura, 1997). C. Lennings determines the time perspective as the cognitive operation that accommodates both emotional reaction to the imaginary time zones (past, present, future) and the advantage to place the activity in a specific temporal zone (Lennings, 1996).

The scientific position of F. Zimbardo and J. Boyd deserves the special attention - they considered the time perspective as an unconscious process that distributes the continuous stream of the personal and social experience into the time categories or frames that help to sort, coordinate and make sense of events (Zimbardo, 1999). These cognitive frames can reflect cyclical and repeated time patterns or the unique and non-repeatable linear moments from an individual's life. They are being used to code, save and reproduce of the experience, and to create expectations, goals, unpredictable circumstances and imaginary scenarios.

Studying of the time perspectives in the life cycle of the human development is of great interest to scientists as the functional purpose of the time perspectives involves regulation of time-space continuum of activity: psycho structures the activity into special time continuum, meanwhile person structures one's own life, placing in the time the certain events, which is assigned objectively and subjectively the required time, which works throughout life.

In this context, the question of the regulatory function of a person's time perspectives in deprivation conditions is logical. In modern psychology Ya. Gosovsky introduced the concept of «deprivational chronotype» which is interpreted by him as a restriction for children deprived of parental care, real opportunities for harmonious spatio-temporal self-realization (Gosovsky, 2010). Studying the presence of a person in a closed area of

existence generates the blocked limited topos (place) that is contentwise close to the conditions of the quarantine self-isolation. The scientist emphasizes that in such conditions of the children's deprivation regime there is an aggravation of ambiguous behavioral modalities: from autistic indifference to constant aggression, from passive conformism to permanent protest behavioral rebels. Herewith, the longer experience of deprivation, the more difficult it is to re-socialize. According to the time orientation, it is the diffuseness, chaotiness and discrepancy in the perception of deprivational persons the time of their own life finds the manifestation in the mix of the retrospective and perspective vectors of their own development strategy and in the disbalanced time parameters of the life potentials and tenets (Goshovsky, 2008). Similarly, V. Mukhina studying the development of the children in the deprived conditions (by the example of residential institutions), noticed that these children often form a personality without a responsible attitude to their own time of life (Mukhina, 1989).

Uniquely time perspective, carrying out the regulation of life activity, forms the mental fabric of human self-consciousness, which serves as the basis for the typology of personal organization of time. Thus, V. Kovalev identifies the following types: everyday, functional-effective, contemplative-reflective and contemplative-transformative (Kovalev, 1988). Later K. Abulkhanova-Slavskaya named this types by the synonymous names: passive-situational, active-situational, passive-prolonged and active-prolonged (Abulkhanova-Slavskaya, 1991). V. Chudnovskiy identifies three models of the person's idea of their own future: 1) the content-personal model that objectively and realistically assesses the current situation, its own advantages and disadvantages; self-improvement tasks are put forward during the planning of the future; 2) the content model with a picture of the future that is separated from the current situation, from available opportunities, advantages and disadvantages of the person; 3) the formal model in which a future appears as the complex of the formally objective moments, which are independent of the subject (Chudnovsky, 1980). C. Lennings considers three specific profiles of the time

perspective: atomistic, gestalt and actualizer profiles (Lennings, 1998).

The original typology of the individual life styles was put forward by O. Kronik - a person's lifestyle is considered as the realization of one's ideas about happiness and ways to achieve it (Kronik, 1982). Such ideas are immersed in the processes of self-regulation of a person's motivation for the world that is why the criterion of the selection of individual lifestyle's types is subject-object balance. If this balance shifts towards minimizing the needs of the subject - it talks about the manifestation of the ascetic style, if it shifts toward the maximization of the object's usefulness - it is the hedonistic style.

In this context, it is appropriate to recall the F. Vasilyuk's typology of «the life-world» where each type is characterized by different indicators of distance, duration, connectivity, and sequence of relationships, that are corresponded to hedonistic, realistic, value-based, and creative types of experiences, which conform to such critical situations as stress, frustration, conflict, and crisis (Vasilyuk, 1984). Also, T. Titarenko suggested the types of «the life-worlds» and corresponded to them types of time assimilation - «normal world», «egocentric world», «relative world» and «conform world» (Titarenko, 2003).

We will conclude the theoretical analysis of the problem of the time perspective with the arguments of F. Zimbardo and J. Boyd - in developing the method with the same name, they claim that the measured time perspective affects many important judgments, decisions and actions. Therefore, the past may make the dominative effect on the individual's behavior by mentioning similar previous situations, the ratio of costs and rewards of the previous decision. These memories can be nostalgic and positive or sad, traumatic, and negative, and they can be reproduced exactly or distorted. Such focus on the past can significantly influence the interpretation and response to the current life situation. For others taking decisions may depend on anticipations and expectations, constructed through imaginary elongation of the present to the future, and also the counting of the costs in the current situation and possible awards in the future. The individual tendency to emphasize one or another time limit

produces the persistent time inclination, as a result of which some individuals will be more oriented to the future, the other will be oriented to the present or past. But the combination of time orientations will be more adaptive and optimal for psychological and physiological health of the individual only in the case of flexible transitions from one time orientation to another, depending on the requirements of the situation, our needs and values (Zimbardo, 2010).

The theoretical conceptualization of this problem makes it possible to assert that it is the restrictive conditions of quarantine, such as multifunctional deprivation, that contribute to excessive affective charge and suppression of vital activity and determine the content of the time perspective of the subjects of self-isolation. That made us think about the advantages of conducting of individual-oriented questioning of persons, who are in self-isolation due to the COVID-19 pandemic.

Purpose - theoretical and empirical study of the sex and age characteristics of the content of person's time perspectives, who are in restrictive conditions of quarantine and justification of signs of their vital balance.

Presentation of the main material. For empirical confirmation of the theoretical propositions formulated by us about the specifics of the manifestation of time perspectives during the isolation conditions of the pandemic and identification of the legality of the use of introduced diagnostic tools, we conducted the research on the

random sample of 310 people aged 20 to 68 years, including men (n=123) and women (n=187). Demographic, educational and professional factors were not taken into account. The respondents were informed about the rules for conducting the research with the compliance of the basic principles of anonymities, feedback and volunteerism. During the forming of the sample, the rules for its pithiness and equivalences were conducted. Meeting the requirements of the content criterion of the sample was achieved by selecting a sample that corresponds to the subject of the study. Following the equivalence criterion was expressed in the normal distribution of empirical data obtained from the entire sample.

As the diagnostic tools were used Zimbardo Time Perspective Inventory (ZTPI) and The Transcendental-Future Time Perspective Inventory (TFTPI) (Zimbardo & Boyd, 2010). For the processing of the results of study we used Student's t-test for independent samples to establish statistically significant differences in the average values of groups differentiated by sex and age.

First of all, all the respondents were divided into 3 groups by age for statistical and mathematical processing of the obtained empirical data: group 1 - persons under 25 years of age (n=124); group 2 - persons from 26 till 50 years of age (n=104); group 3 - persons over 50 years of age (n=82). The percentage distribution of the sample by sex differentiation is shown in fig. 1.

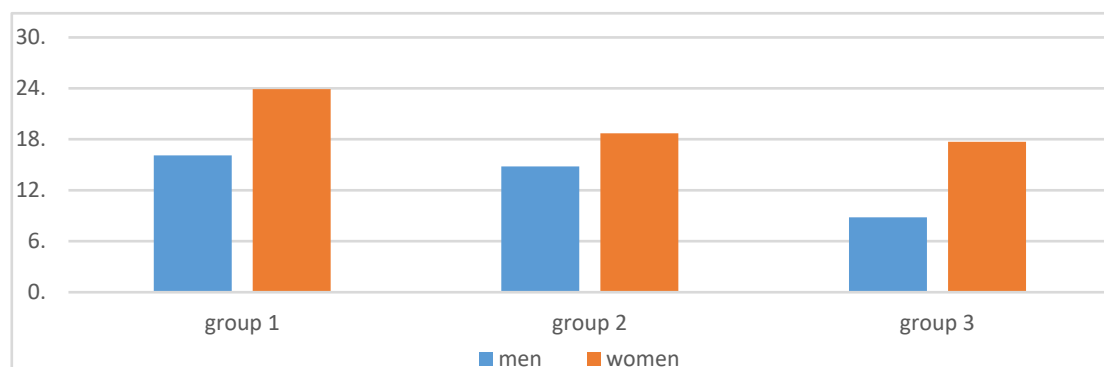


Fig. 1. The percentage distribution of the sample by sex and age differentiation

According to the purpose of the research the results we got were interpreted in each of the mentioned groups by basic scales of the proposed questionnaires, namely: «*negative past*» reflects the

general negative and repulsive perception of one's own past; due to the reconstructive nature of the past, such negative attitude may be caused by a true experience of unpleasant or traumatic moments, as

well as a negative reconstruction of not extremely difficult situations, or a combination of both variants; «*hedonistic present*» reflects the hedonistic and risky attitude to one's own lifetime and it involves enjoying the moment despite the further consequence of one's own behavior; «*future*» measures the overall future orientation and involves that the applying effort for the sake of goals and possible rewards in the future dominates in the behavior; «*positive past*» reflects the kind and sentimental attitude to the past, when the past experience and times seem pleasant, «through rose-colored glasses» and with a touch of nostalgia; «*fatalistic present*» reveals the fatalistic and helpless

attitude to life, the individuals with such time orientation believe in fate and they are sure that they can not affect neither the present nor the future events of their life. The scale of the questionnaire of the time perspective of the *transcendent future*, with the same name, reflects the belief of person in possibility of the presence of one's spiritual essence beyond the limits of possible experience and the physical body.

In group of persons under 25 years of age (group 1) the diagnostic cross-section showed an uneven mid-group distribution on the scales of the questionnaires (fig. 2).

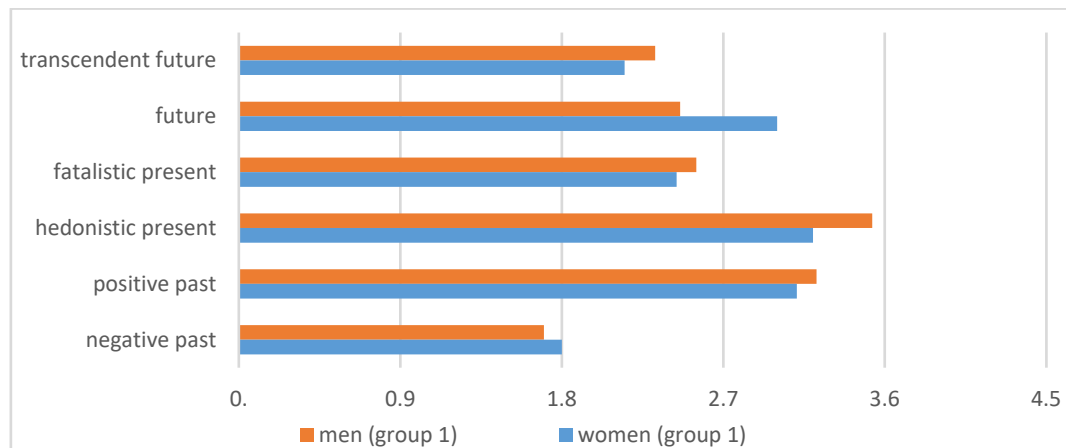


Fig. 2. Mid-group distribution of time perspective indicators in the group of persons under 25 years of age (group 1)

Statistically significant differences were recorded using the Student's *t*-test, we can note that *women* in this group have significantly conspicuous indicators of the «*future*», which is expressed in their willingness to plan their lives and every day; they are focused on the goal setting and determining the tools to achieve them; they can both plan time and create an implementation space; always continue working on the complex or even uninteresting tasks, if they are interested in moving towards the goal ($t=3,23$, $p \leq 0,001$); *men* in this group distinguished by the dominance of indicators of the «*hedonistic present*» that defines their current life as a «separated» from the past and future, with one goal of enjoying life; their impetuosity and riskiness are deprived from responsibility and care for other people ($t=2,65$, $p \leq 0,01$).

The mid-group distribution of the time perspective indicators in the group of persons from 26 till 50 years of age (group 2) showed a much wider range of differences in the scales of the questionnaires (fig. 3).

Men in this group have noticeable predominance of indicators of «*negative past*» in different variations of rejection of their own past, from the permanent thought that in life they could do everything differently to the accusations of people around them that allegedly negatively affect the unfolding of life events ($t=6,43$, $p \leq 0,001$); their advanced «*fatalistic present*» demonstrates the full conquest of fate as they think that fate determines a lot on the human life therefore, it is noticeable that they believe that luck brings a greater reward than hard work, also, the refusal to perform and plan any

activity is also aggravated, and the wish to waste the earned money for the pleasure of today is expressed too ($t=7,13$, $p\leq 0,001$); it may explain the indicators of the high level of «*transcendent future*» as expressed faith in the afterlife, they believe in miracles, spirits and the divine laws, delaying the achievements of science and technology ($t=4,64$, $p\leq 0,001$). As opposed to men, *women* in this group are marked by a conspicuous manifestation of the «*future*», what is shown in the readiness and

ability to manage time, keep promises and clearly fulfill their responsibilities, and in determining the target prospects for life realization ($t=4.68$, $p\leq 0.001$).

According to the results of the diagnostic cross-section, there were statistically significant differences in the scales of the questionnaires in the group of people over 50 years of age (group 3) (fig. 4).



Fig. 3. Mid-group distribution of time perspective indicators in the group of persons under from 26 till 50 years of age (group 2)

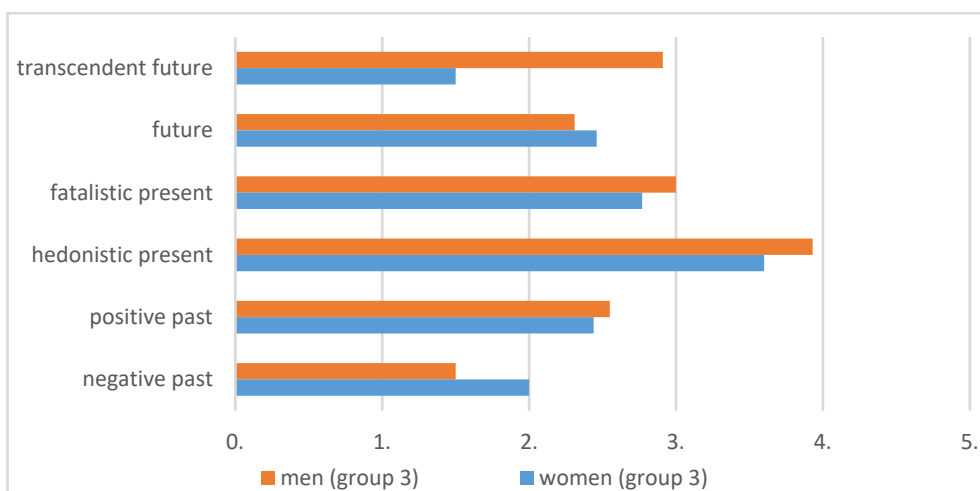


Fig. 4. Mid-group distribution of time perspective indicators in the group of people over 50 years of age (group 3)

Among men in this group we found such expressed indicators of time perspective as «*hedonistic present*» that characterizes by a readiness to experience the pleasure of every day and get the get pleasure from emotionally exciting moments of life, they are ready to risk to avoid the boredoms and enter into a close, passionate

relationship ($t=2,68$, $p\leq 0,05$); developed «*fatalistic present*» defines a complete conquest of fate and an unwillingness to think about goals, consequences and practical results; they believe that everything in this world is very volatile and in general, life path is controlled by powers that are impossible to be affected ($t=2,44$, $p\leq 0,05$); «*transcendent future*» it is

expressed in the belief in God and life after death ($t=5,61$, $p\leq 0,001$). Women over 50 years old demonstrated expressed «negative past» that is characterized by frequent consideration of questions; they are very vulnerable to memories of the past, it is difficult for them to let past grievances go and, as a result, are convinced that their decisions are influenced by people and circumstances ($t=3,15$, $p\leq 0,05$).

The demonstrated diagnostic cross-section makes it possible to look at options for deploying life prospects in restrictive conditions of quarantine in individuals of different age and sex categories: 1) men of all age groups have the highest percentage of dominant signs of time perspective: «hedonistic present» dominates among persons under 25 years old and men over 50 years old; the «fatalistic present» and «transcendent future» are equally common in men under 26 and over 50; 2) among women, we observe a profile of a more «optimistic» format for displaying time perspectives, because in the groups of girls under 25 and women from 26 to 50, their «future» occupies the dominant position; in contrast to the age category of women over 50, in which the «negative past» is expressed.

This is a rather interesting fact that in general there is a trend of orientation of men to the «present», while women are oriented to the «past» - it made possible for us to draw a parallel between the identified complexes of time perspectives in the research groups with the typology of time perspectives by C.Lennings (Lennings, 1998). Therefore, men are defined by belonging to the «atomistic» (hedonistic) profile that is oriented on present and the nearest future and mostly characterized by inability to postpone the satisfaction of the needs; women are defined by the profile of «actualizer», which is determined by a positive time orientation, a developed sense of time and temporal structure, a long-term perspective of the future, developed control over impulsivity and healthy ego defenses and a developed self-concept; and partly a «gestalt profile» (women over 50 years old), which is characterized by negative time settings and actualized by a negative past.

Such conclusions proposed the substantiation of the signs of life balance of persons in restrictive

conditions of quarantine. Using the «balanced time perspective» already defined by F. Zimbardo and his collaborators as a psychological construct that involves a the flexible switch between thinking about the past, present or future, depending on situational requirements, resource assessment, personal and social assessments of the behavior of people who have high scores on these constructs, is determined by a compromise or balancing between the content of representations of past experiences (worries), the desires of the present and adequate representations of future consequences. Therefore, this is the time orientation that is the most optimal time perspective from the point of view psychological and physical health, as well as the functioning of the individual in society (Bonniwell&Zimbardo, 2004).

Based on the optimal time perspective profile («positive past» (highest rate) + «future» (highest rate) + «hedonistic present» (average rate) + «negative past» (lowest rate) + «fatalistic present» (lowest rate)), we can state that selected profiles of the time perspectives in researched groups do not match the specified parameters. Therefore, we can only outline the vectors of its formation:

1 - *vector of actualization of the future* - applies to men of all age categories, who needs modification of «future» (with the obligatory consideration of expressed transcendental tendencies (this orientation affects the creating of one's own life and determining of the religious values) among men over 26 years old age and older): accommodates the development of achievement orientation and planning the future and getting the effective reward from this, in the form of actualization of emotional representations («attractiveness of the expected result» (Apter, 1982)); it is about ability to formulate goals through awareness of their own capabilities and abilities, sense of normality that reflects the objective parameters of reality, social requirements and regulated behavior of the subject; justification of judgments about the significance and achievability of the result by tools of selective attention, supportive intent, emotion control, and environment control;

2 - *vector of actualization of the present* - applies to women of all age categories, who needs modification of «present» (with the obligatory

actualization of the positive past (as the negative past usually is the result of the work of psychological defenses in the form of excessive observation, indecision, over-concentration of attention on the consequences, passivity, etc) women over 50 years of age): accommodates the development of pleasure orientation, worries, arousal and pleasure in the present life in the form of activation of sensory experiences («waiting for emotional pleasure» (Borgida, 1983); it is about identification of actual mental states aimed at emotional pleasure, without fixing on past or future experiences.

Conclusions. In the result of theoretical and empirical analysis of the problem, it was established: 1) specific sex and age differences of the time perspectives of persons, who are in the restrictive conditions of the quarantine: men of all age categories are being determined by dominance of the time perspective of the hedonistic-fatalistic present, strongly conspicuous among men from 25 till 50 years of age by the characteristics of the negative past and transcendent future; among men over 50 years of age by characteristics of transcendent future; women (age range up to 50 years) are determined by the dominance of the time perspective of the future, and women over 50 years - the dominance of the time perspective of the negative past; 2) the absence of signs of life balance of the identified time perspective profiles is proved and the main vectors of formation of the optimal time perspective profile are outlined: *vector of actualization of the future* for men and *vector of actualization of the present* for studied women.

In conclusion, we can say that the results obtained are logical and generally find supporting data in the field of psychology of time personality organization, as well as the psychology of deprivation. **The perspective** of the further research in the analysis of the diagnostic cross-section of the time perspectives of individuals in the conditions of removal the restrictive conditions of quarantine in the format of taking into account demographic, educational and professional factors.

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ЧАСОВА ПЕРСПЕКТИВА ОСІБ В ОБМЕЖУВАЛЬНИХ УМОВАХ КАРАНТИНУ: СТАТЕВО-ВІКОВИЙ АНАЛІЗ

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У роботі представлено теоретико-емпіричне вивчення статево-вікових особливостей змісту часових перспектив осіб, які перебувають в обмежувальних умовах карантину. Теоретичне обґрунтування важливості формування узгодженої часової перспективи особистості для її інтеграції в соціальну систему, вміщує аналіз структурно-функціонального призначення та типологічні характеристики часових перспектив. Підкреслено регуляційний зміст часово-просторового континуума особистості в умовах депривації та окреслено обмежувальні умови карантину в ознаках поліфункціональної депривації, які визначають зміст часової перспективи суб'єктів самоізоляції. Метою презентованого матеріалу є теоретико-емпіричне вивчення статево-вікових особливостей змісту часових перспектив осіб, які перебувають в обмежувальних умовах карантину та обґрунтування ознак їх життєвої збалансованості. На основі аналізу і теоретичного узагальнення проблеми, розроблено програму індивідуально-орієнтованого опитування осіб, які перебувають у самоізоляції в зв'язку із пандемією COVID-19, яка вміщує методи тестування і комплекс методів математичної обробки результатів. Констатовано статево-вікові відмінності часових перспектив осіб, які перебувають в обмежувальних умовах карантину: чоловіки усіх вікових категорій визначаються домінуванням часової перспективи гедоністично-фаталістичного теперішнього, забарвленого у чоловіків від 25-ти до 50-ти років характеристиками негативного минулого і трансцендентного майбутнього; а у чоловіків старше 50-ти років – характеристиками трансцендентного майбутнього; жінки (віковий діапазон до 50-ти років) визначаються домінуванням часової перспективи майбутнього спрямування, а жінки старше 50-ти років – домінування часової перспективи негативного минулого. Доведено відсутність ознак життєвої збалансованості виявлених профілів часових перспектив та окреслено основні вектори формування оптимального профіля часової перспективи: вектор актуалізації майбутнього для представників чоловічої статі та вектор активізації теперішнього для досліджуваних жінок.

КЛЮЧОВІ СЛОВА: часова організація особистості, часові перспективи, депривація, самоізоляція, життєва збалансованість.

ВРЕМЕННАЯ ПЕРСПЕКТИВА ЛИЦ В УСЛОВИЯХ КАРАНТИНА: ПОЛОВОЗРАСТНОЙ АНАЛИЗ

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В работе представлены теоретико-эмпирическое изучение половозрастных особенностей содержания временных перспектив лиц, находящихся в ограничительных условиях карантина. Теоретическое обоснование важности формирования согласованной временной перспективы личности для ее интеграции в социальную систему, содержит анализ структурно-

функционального назначения и типологические характеристики временных перспектив. Подчеркнуто регуляционных содержание временно-пространственного континуума личности в условиях депривации и намечены ограничительные условия карантина в признаках полифункционального депривации, которые определяют содержание временной перспективы субъектов самоизоляции. Целью представленного материала является теоретико-эмпирическое изучение половозрастных особенностей содержания временных перспектив лиц, находящихся в ограничительных условиях карантина и обоснование признаков их жизненной сбалансированности. На основе анализа и теоретического обобщения проблемы, разработана программа индивидуально-ориентированного опроса лиц, находящихся в самоизоляции в связи с пандемией COVID-19, которая содержит методы тестирования и комплекс методов математической обработки результатов. Констатировано половозрастные различия временных перспектив лиц, находящихся в ограничительных условиях карантина: мужчины всех возрастов определяются доминированием временной перспективы гедонистически-фаталистического настоящего, окрашенного у мужчин от 25-ти до 50-ти лет характеристиками негативного прошлого и трансцендентного будущего; а у мужчин старше 50 лет - характеристиками трансцендентного будущего; женщины (возрастной диапазон до 50 лет) определяются доминированием временной перспективы будущего направления, а женщины старше 50 лет - доминирование временной перспективы негативного прошлого. Доказано отсутствие признаков жизненной сбалансированности выявленных профилей временных перспектив и обозначены основные векторы формирования оптимального профиля временной перспективы: вектор актуализации будущего для представителей мужского пола и вектор активизации настоящего для исследуемых женщин.

КЛЮЧЕВЫЕ СЛОВА: временная организация личности, временные перспективы, депривация, самоизоляция, жизненная сбалансированность.
