
INVESTIGATION OF THE RELATIONSHIP BETWEEN PERSONAL TIME PERSPECTIVE AND PROCASTINATION

Mihai Marian *

Universitatea din Oradea, România

Gabriel Roșeanu **

Universitatea din Oradea, România

Abstract

Procrastination is a frequent phenomenon among the nonclinic adult population. It is considered the cause of a series of social, personal, academic and professional problems. Procrastination is commonly referred to as “time wasting” thus a series of studies regarding time and procrastination emerged. The present paper investigates personal time perspective and its relationship with procrastination. Time perspective was defined by Lewin as the total of perspectives that one has at a certain time about his/hers personal past and future. A sample of 100 subjects, men and women were used aged between 18 and 60 years old. The following instruments were used: Zimbardo Time perspective inventory, Lay Procrastination Scale, Symptom Check List 90 and Satisfaction With Life Scale. Results show a positive association between procrastinations and negative past and fatalist present orientation and also a negative one between procrastination and positive past and future orientation. Furthermore it seems that personal time perspective exerts a significant influence on peoples tendency to procrastinate.

Keywords: *procrastination, personal time perspective*

* Universitatea din Oradea, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Str. Universității, nr. 3, Corp X, Oradea, jud. Bihor, România. 410087; E-mail: mmarian@uoradea.ro

** Universitatea din Oradea, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Str. Universității, nr. 3, Corp X, Oradea, jud. Bihor, România. 410087; E-mail: gabiroseanu@gmail.com