
ON THE RELATIONSHIP BETWEEN PERSONAL TIME PERSPECTIVE, MOTIVATION AND SUBJECTIVE WELLBEING

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Abstract

The extensive work of Zimbardo and Boyd (1999) on time perspective offered a clear definition of the concept and a sound measurement instrument to be used in this domain. The authors suggest that this psychological element is an important component of human behavior that exerts an influence on almost all aspects of human life, from the individual to the group level. The present study involved two objectives (a) the investigation of the impact of personal time perspective on motivation for work, and (b) assessment of the effect of motivation for work on subjective wellbeing. An original sample of 122 subjects, mainly composed of single female students (89,7%) was used. The Work Preference Inventory, the Time Perspective Inventory and the Perceived Wellness Schedule were used to assess the variables included in the study. Results showed that each of the future orientation and a fatalistic view of the present time perspectives have a unique influence on intrinsic motivation. The negative views of the past as well as the positive view of it and the hedonistic attitude of the present have a unique influence on extrinsic motivation. Furthermore, it was shown that only intrinsic motivation exerts linear influence on subjective wellbeing.

Keywords: *motivation, time perspective, subjective wellbeing*

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