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## INVESTIGATING THE RELATIONSHIP BETWEEN PSYCHOLOGICAL TIME AND HEALTH RELEVANT SELF COGNITIONS

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### Abstract

Several studies in the field of psychological time indicated that the dimensions of the personal relationship with time were closely related to the individual's identity and self concept. Thus, in the present study we investigated the impact of psychological time (personal time perspective, personal temporal experience, time structure and perceived control over time) on health relevant self cognitions (optimism, positive and negative attributions, sense of coherence and self efficacy). A number of 145 participants (mean age 29.79 years;  $\sigma = 11.5$ ) responded anonymously to the questionnaires, scales and inventories used to measure the variables in the study. Structural equation modeling results suggest that health relevant self cognitions are greatly influenced by two temporal factors: (1) temporal disorganization (construed of six dimensions of psychological time) and (2) attitudes towards the present (construed of two dimensions of psychological time). Canonical correlations further indicated specific patterns of associations between psychological time dimensions and health relevant self cognitions. Implications for the individual's self concept and self promoting health behavior are discussed.

Keywords: *psychological time, self cognitions, health*

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