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# The Factor Structure of Time Beliefs and Perceptions: Predicting Punctuality, Procrastination, And The Use Of Time.

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# ***The Factor Structure of Time Beliefs and Perceptions: Predicting Punctuality, Procrastination, and the Use of Time***

College of Sciences and Health Professions

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## **Abstract**

The purpose of this research on time and personality is to evaluate one's perception of time and how behavior plays a role with procrastination. In addition, time can also coincide with personality factors, such as vigilance, compulsiveness, avoidance, and the Big 5. Substantial evidence has concluded that time perception and behavior are important factors that play into, and give value to, personality. A principal factor analysis concerning the perception of time and measurement of behavior resulted in a six-factor solution: Negative View of the Past, Sluggishness, Goal Setting, Risk Taking, Timeliness, and Impatience. Justification was found through "factor scores" that were used to create a presumption of procrastination. Total procrastination was assessed for each participant through a series of time behavior surveys. It was recorded that those who tend to procrastinate scored higher on Negative View of Past, and Risk Taking, and lower on Goal Setting and Timeliness. The following factor structure provides an alternative to the most widely used, but often, ineffective scales.

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