WCPCG-2011

The relationship between hardiness and time perspective in students

Marjan Haghighatgoo\textsuperscript{a*,} Mohammad Ali Besharat\textsuperscript{b,} Azra Zebardast\textsuperscript{c}

\textsuperscript{a}Mohaghegh Ardabili University, Literature and Human science Faculaty, Ardabil, Iran
\textsuperscript{b}Tehran University, Psychology Faculty, Tehran, Iran
\textsuperscript{c}Sahand University, Psychology Faculty, Tabriz, Iran

Hardiness is described as a trait of personality that individuals whose avoid of comfort and security daily work and seek progress and development. Moreover they are interested in challenging with new conflict. Hardy personality includes 3 related but distinctive components which are commitment, control and challenge. Time perspective refers to the ways in which an individual views his/her past, present and future. This construct is an unconscious cognitive structure that a person implements in the time of decision making about short term or long term goals and actions and includes past (positive or negative), present (hedonistic or fatalistic), and future time perspective. The main purpose of the present research was to investigate the relationship between hardiness and time perspective in a sample of Iranian students. A total of 372 students (114 boys, 258 girls) were participated in this study as volunteers. They were asked to complete The Hardiness Scale (Bartone, Ursano, Wright & Ingraham, 1989; Janda, 2001) and Zimbardo Time perspective Inventory (ZTPI-15, in press). Results showed significant positive correlation between challenging and positive past time perspective ($r = .21$), and future time perspective ($r = .25$). The results also revealed significant positive correlation of control with negative past time perspective ($r = .18$), and present fatalistic ($r = .19$), and significant positive correlation of commitment with present fatalistic ($r = .15$), and negative past ($r = .11$). Based on the results of the present study, it can be concluded that individuals with hardy personality have more positive time perspective.

Keywords: Hardiness; Time perspective; Adjustment

1. Introduction

Hardiness is a personality type that an individual avoids daily safety jobs and seeks growth and development. In fact, hardiness shows a general orientation from itself and the world. This construct is composed of three components; commitment, control, and challenging, and affects on the individual’s interpretations and understandings for better adaptation when encountering stressful events. Commitment is belief of an individual in respect of the activities. In fact, it is the sample of those who desire to have a deep sense of engaging their lives activities. Control component indicates the belief that life changes can be anticipated and controlled. This component shows the desire of a person to affect on the consequence of what happens around him without their difficulties. Challenging also shows the belief that life changes are usual realities and they are regarded as successes and challenges over threats (Kobasa, 1979; Maddi, Khosha, Persico, Harvey & Bleecker, 2002). These beliefs can have protective roles because they diminish stressful nature of an event and thus deplete the effects of stressful factors on psychic health (Kobasa, Maddi & Puccetti, 1982). Hardiness persons do not experience life events difference from non-diligent persons in quality, but they experience them positively and controllable (Alexander & Klein, 2001). There are various studies about hardiness so that there are positive and negative views about this. For example, Bernard, Hutchison and Lavin (1996) found that hardiness has a positive relation with higher levels of self-esteem, self-efficacy, and positivism. On the other hand, other studies focused on relation of hardiness with stress, guilt, self-aversive, and negative job results like burnout (Murray, 2005). Therefore, according to these views,
we can generally say that hardiness relates positively with adoptive attributions and negatively with maladaptive attributions. One of the features or styles of personality types which its relations with hardiness are not investigated is time perspective. This is a variable that describes perception or assessment of a person from past, present, and future that affects his decision-making (Zimbardo & Boyd, 1999). This structure demonstrates the unconscious cognition structure that the person uses when deciding about short-time actions or goals. In some situations, this is the most important effect of the past events and other situations which is based on immediate cues of current environment. Alternatively, motivations of a person may be upon future results (Zimbardo & Boyd, 1999). This variable is the main subject of the questionnaire called ZIPI that measures five time bases of present (hedonistic, fatalistic), past (positive, negative), and future. A negative past reflects an unhappy generality and an aversive view towards the past. In contrast, a positive past reflects a warm and emotional view of past. A present fatalistic manifests a disappointing view that is conducted by outside control (Shores, Scott, 2007). A present hedonistic is a view of seeking excitement and enjoyment in present regardless to the future results. A future perspective also reflects a general future orientation. Upon the descriptions given for time perspective, hardiness persons can be said to use those orientations in their decisions that are along with control, commitment, and challenging components. Since there is no study about the relation of these two variables, and also time perspective plays an important role in guiding individuals toward positive and negative goals, we intend to measure the relation of time perspective with three dimensions of hardiness.

2. Method

The statistical society of this study is all undergraduate and post-graduate students of Azad University of Mazandaran, 2009-2010. 382 students from different courses of human sciences, basic sciences, and technical sciences in two groups of girls and boys voluntarily participated in this study. Then, they were requested to fill the Persian version of Zimbardo Time Perspective Inventory and Hardiness Scales. In all cases, at first the time perspective inventory and then the hardiness scales were given. 10 subjects were ignored because of their deficient answers, so the sample was decreased to 372 students (112 boys and 258 girls). Age average of subjects was 23 years with age range from 18 to 38, and the standard deviation was nearly 3.

1.2. Measures

ZTPI: Zimbardo Time Perspective Inventory (short form) (6) examine five Time Perspective dimensions; Present Hedonistic (PH), Present Fatalistic (PF), Past Positive (PP), Past Negative (PN) and Future. Respondents reply items along a 5 point Lickert Scale (1=very untrue; 5=very true).

Hardiness scale: contains 45 questions with three sub scales; control, commitment and challenging in four points Lickert Scale. Each subscale contains 15 items. Psychometric properties: 0.88 - 0.93 Cronbach coefficient for commitment subscale, 0.85- 0.94 for control subscale, 0.89-0.95 for Challenging subscale and 0.78-0.94 for total hardiness that all of them showed a good internal consistency (Besharat, 2009).

4. Results

Correlation coefficients showed a positive relation between past positive and challenging. In addition, past negative has positive correlation with commitment. Present hedonistic has positive relation with challenging and total hardiness. Results showed positive relation between PH, control and total hardiness. Totally future orientation showed positive relation with challenging (Table 1).
Table 1. Correlation Matrix

<table>
<thead>
<tr>
<th>Time perspective</th>
<th>Commitment</th>
<th>control</th>
<th>challenging</th>
<th>hardiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past positive</td>
<td>-0.038</td>
<td>-0.068</td>
<td>0.112*</td>
<td>0.005</td>
</tr>
<tr>
<td>Past negative</td>
<td>0.111*</td>
<td>0.108*</td>
<td>0.071</td>
<td>0.128*</td>
</tr>
<tr>
<td>Present hedonistic</td>
<td>0.092</td>
<td>0.033</td>
<td>0.184*</td>
<td>0.140*</td>
</tr>
<tr>
<td>Present fatalistic</td>
<td>0.152**</td>
<td>0.193**</td>
<td>-0.010</td>
<td>0.146**</td>
</tr>
<tr>
<td>Future</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. Discussion

The findings showed that there is a positive and significant relation between control and commitment components with past negative time perspective and present fatalistic. Also, challenging component shows a positive and significant relation with past positive and future time orientation. These results can be demonstrated by the following probabilities:

Studies showed that present fatalistic that reflects a deterministic disappointment toward life and future, has a positive correlation with aggression, stress, depression (Zimbardo & Boyd, 1999), and body activity (Milfont, Andreade, Raquel & Pessoa, 2008). In contrast, it has a negative correlation with future outcomes and using approaches that seek meaning in life. These results are opposite of our results indicating present fatalistic has a positive relation with control and obligation. Perhaps the reason is that in our sample (students), commitment may be the best way to escape determinism. In other words, many students are not independent in selection of many their activities and values, and they accepted them under pressure of their family and environment, so that they may select the field of their study without any interest. In fact, this result may indicate a false control in different affairs that persons have no quote to accept them and they dependence themselves to doing them. Therefore, commitment and control are as shields that protect individuals against bad outcomes of present fatalistic orientations with limited senses of control (Crockett, Wienman, Hankins & Marteaut, 2009) and correlates with unfastening safety belt, smoking, and unsafe sex (Henson et al., 2006). Therefore, beliefs and feedbacks of a hardiness person have a protective role because they diminish stressful feature of events and deplete effects of stressful factors on psychic health (Kobasa, Maddi & Puccetti, 1982).

As we mentioned in the definition of negative past orientation, this dimension reflects an unhappy view toward the past. These negative views may originate from terrible events of a negative memory of innocent events (Shores & Scott, 2007). In this regard, the positive relation of this orientation with control and commitment components may indicate negative memories of our students, but they step toward decrement of negative effects of past events by improving control and commitment components – the effects which, according to Zimbardo and Boyd (1999), decrease interpersonal relations if they are not controlled, so a shorter part of their lives elapses with enjoyment. Thus, control and commitment can be supposed of coping strategies. According to the studies, those who have higher hardiness components show active patterns of coping, They convert stressful events to opportunities by efforts to change (Kobasa & Maddi, 1999).

Studies showed that control and commitment components are systematically related to healthy outcomes (Hull, VanTreuren, Virnelli, 1987; Sheppard & Kashani, 1991). Thus, these two components can neutralize negative effects of time orientations of past negative and determinist present that are from negative dimensions of time perspective and relate with unhealthy behaviours and psychological defects. Therefore, perhaps it may be said that sometimes persons use positive mechanisms like control and commitment to cover negative dimensions of time perspective in order to not to danger their psychic health.

Challenging component expresses this belief that problems, stresses, and life changes are usual realities and are regarded as situations and opportunities to grow and prosperity and gaining new experiences not threats (Kobasa, 1979; Maddi, Khoshaba, Persico, Harvey & Bleecker, 2002). This approach of life provides exclusive opportunities for a person especially interpersonal relations and social activities, and its outcome is decrement of interpersonal problems (Besharat, 2009). At the same time, future orientation also reflects a general future orientation that is
related to positive outcomes like high social-economic success, high scientific success, decrement of exciting searches and dangerous behaviours (Shores & Scott, 2007). A positive relation between campaign component and forward-looking also indicates that the students challenging for a future with more authority. This time orientation protects them from bad outcomes of fatalism and past negative, and guides them toward behaviours with positive outcomes.

A positive past reflects a warm and emotional view toward the past (Shores & Scott, 2007), and its positive relation with challenging components can be interpreted so that persons, upon their past experiences, can seek opportunities for new experiences by hardiness and so increase their mental health and encounter the problems logically.

Present hedonistic that reflects an enjoyable view toward time and life has a positive relation with self-control, freshness, and excitement search (Zimbardo & Boyd, 1999). On the other hand, challenging also indicated an effort to convert negative events to desirable experiences and finally enjoyment in present.

About general relation of commitment with (fatalistic-hedonistic) present time orientation and negative past, we can say: (a) Since present orientation is related to a limited sense of control, fatalistic, and behaviours with immediate reward (Crockett, Wienman, Hankins & Marteaut, 2009), individuals can overcome these emotions by hardiness and step toward meaningful lives. Thus, by amplifying hardiness, one can avoid negative present outcomes; (b) past negative of individuals can help hardiness to remove undesired past memories and construction of desired present and future, so hardiness is a factor of removing bad pasts.

References