

Time is one of the powers, which strongly influences thoughts, emotions and actions of people around the world. Everybody has a certain tendency to perceive time through the prism of the past, the present or the future, and giving a special meaning to timeframes. Each timeframe, on the specific level, seems to be important for adaptive functioning. However, one of them is often overused, which can have many negative effects. In addition, a difficulty is the fact that it usually happens unconsciously. A potential solution for this problem is to shape ideal time perspective profile, which is called balanced time perspective. Up to date, one has proven its particularly adaptive role. However, so far there are not enough scientific reports about the mechanisms responsible for the development of balanced time perspective and possibilities of its further training. Presumably, the lack of knowledge about the processes underlying balanced time perspective stems from the lack of research on time perspectives and cognitive functioning, which seems to be important in relation to time perspectives. Particularly meaningful for the conscious using of time perspectives, i.e. the activation of an appropriate timeframe depending on situational demands, which is characteristic for people with the ideal time perspective profile, may be self-regulation identified in the psychology as cognitive functions. The effectiveness of the basic processes of executive functions i.e. working memory, inhibition and switching can be helpful in overcoming the automatic tendency to use, and even to overuse, specific timeframes.

In the current project the former aim is to identify relationships between time perspectives and executive functions, the latter - to identify the mechanisms underlying balanced time perspective and to examine two methods that may have a potential beneficial effect on its development. Therefore, two studies will be carried out. In the first one, both the method of questionnaire as well as standard, computer cognitive tasks will be used. Thanks to the results obtained in this study, one will be able to use the appropriate training of executive functions, which are planned to be implemented in the second study. It is assumed that cognitive training will influence the development of balanced time perspective by improving executive functions, supporting the reflective system and revealing cognitive flexibility. Cognitive training will be compared to the time perspective intervention – a method of changing time perspectives – that has already been applied in the clinical approach, but still remains unpopular among other fields of psychology.

The subject of these studies seems to be important considering the fact that their results will not only bring a new insight into the time perspective theory, but also might develop methods enhancing balanced time perspective, which could be used as a supportive method of preventing many psychological and social problems, as well as a mean of getting closer to the state of well-being, which is very important for everyday adaptive functioning.