

DESCRIPTION FOR THE GENERAL PUBLIC

Prospective memory that is engaged in various tasks in daily life will be the subject of this research project. Their performance depends mainly on its efficiency. Efficient prospective memory makes it possible to remember about prospective intentions, for example, an appointment, doing the shopping, calling at a specific time, sending an e-mail etc. Prospective memory plays key role in various areas of daily life. Maintaining relationship with other people and achieving important goals would be very difficult without prospective memory. Many tasks in daily life is of prospective character, therefore, performing them well has impact on the quality and effectiveness of daily life. Efficient prospective memory is very important in our life.

The main goal of the research project is to determine significant predictors of performance of prospective tasks in daily life in people in early and middle adulthood and to examine the impact of the type of a prospective task (time-based and event-based tasks) on the level of performance of prospective tasks. It will also be important to determine relation between dominant affect (positive or negative) and performance of daily prospective tasks. Other variables having impact on performance of prospective tasks will be analysed in the project: personal importance of intentions, the frequency of making use of external assistance, the level of stress and the level of being absorbed by daily life.

In order to determine significant predictors that are related to performance of prospective tasks in daily life and to examine the impact of affect and type of a prospective task on the level of performance of these tasks, two research will be conducted. The goal of the first research will be to measure all significant predictors of prospective memory, as well as detailed measurement of performance of prospective tasks. Whereas, in the second research, the researcher will manipulate the type of a prospective task in order to check the impact on performance of scheduled prospective tasks.

Due to the fact that the majority of the research on prospective memory are conducted in a laboratory variant, the research in this project will be conducted in a naturalistic variant, in which tasks that require to use prospective memory are related to daily activity of the respondents and they are performed in their natural environment. They are characterized by the highest ecological validity in comparison with the research, in which prospective memory is measured with the use of a computer. An advantage of this research will also be a new method of analysis of the type of individual intentions formulated every day (divided into intentions referring to time-based and event-based tasks). This division was not taken into consideration in any research that have been published so far. Therefore, this This analysis method will be a proposition for the future research on individual intentions. Moreover, this research will fill the gap in the knowledge of how people in middle adulthood manage to perform prospective tasks in daily life.