

Popularized Scientific Summary

Human activity, experience, and decisions are immersed in time. In psychology, time is perceived as an individual system filled with events. Life experiences are considered as belonging to the past, the present, or the future, which makes it legitimate to speak of a particular time perspective (Zimbardo & Boyd, 1999). Time perspective is a preference for one of the temporal dimensions (past, present, or future). Zimbardo and Boyd (1999) list the following dimensions of temporal attitudes: focus on the negatively perceived past, focus on the positively perceived past, hedonistic attitude towards the present, fatalistic focus on the present, and focus on the future. Time perspective plays a considerable motivational role, influencing goals, behaviors, and decisions. As a result of the development of research on time perspective, whose great influence on human functioning has been established, a visible need has arisen for studies and analyses explaining its determinants.

In the project, we look for the source of the variability of time perspective. Following up the question of “Nature or nurture?” posed towards the end of the 19th century by Sir Francis Galton, who conducted research on the inheritance of genius, we designed a research project using the twins method, with twins brought up together. The research will make it possible to determine the proportion of the contribution of genetic factors to the variability of a given behavior. The aim of the planned research is to determine the contribution of genetic factors to the development of time perspective. The research is embedded in the topical and dynamically developing discipline: behavioral genetics, whose aim is to determine the contribution of genetic and environmental factors to general phenotypic variance in traits or behaviors.