

## **Individual-level determinants of motivation and performance in performance sports: The role of time perspective**

Spending countless hours during training and trying to live up to high standards in competition is an essence of sport. Those high standards refer not only to the physical but also to the psychological sphere of athletes' functioning, both professionals and amateurs. As the awareness of the importance of sport psychology is arising, more empirical data is needed to understand the complex processes underpinning the functioning in sport and to plan the interventions that may support the athletes. One of the possible areas of intervention that plays an important role in people's' functioning but still is to be investigated in sports setting is time perspective.

Time perspective is a process in which events experienced by an individual are put into temporal frames which give the sense of coherence and allow to attribute meaning to those events. Despite time perspective being a highly situational factor, people tend to develop specific tendencies to overuse particular time frames while avoiding focusing on other perspectives. According to Zimbardo and Boyd, the most influential researchers of that topic, there are five time perspectives to be differentiated: Past Positive, Past Negative, Present Hedonistic, Present Fatalistic and Future. Past Positive is characterized by a nostalgic, positive and glowing construction of the past. On the other hand Past Negative is reflected in an aversive, negative and pessimistic attitude toward the past. Present Hedonistic can be characterized by putting emphasis on pleasure, excitement and present enjoyment and a lack of consideration of future consequences as well as difficulties in delaying the gratification. Present Fatalistic is a pessimistic attitude towards upcoming events, full of helplessness and without a sense of control. Future Perspective is embodied by planning and preparing for an achievement of future goals, creating hypothesized scenarios of how the things can go and trying to achieve them with a lot of self - discipline. Nowadays researchers suggest adding two additional perspectives: Present Eudaimonic linked with the ability of being present and aware ("here and now") and Future Negative characterized by the increased anxiety if what may come. Individual differences in the perspectives described above may have a significant impact on individuals functioning in various life domains: for the level of wellbeing, work achievement and emotional self - regulation.

Up to date time perspective was not a subject of in-depth investigations in sports setting which made it impossible to plan, create and introduce psychological interventions to support athletes. In planned research, links between time perspective and personality traits, burnout and sport engagement will be investigated. Results of hitherto studies, carried out in different areas of human functioning (e.g., education or work) provide evidence for a vital role of time perspective in motivation, hence planned research will be carried out on the sample of athletes practicing disciplines requiring special persistence and endurance (long-distance running, triathlon, cycling). Furthermore, the relations between time perspectives, sport achievement and performance levels will be examined as well as associations between time perspective and levels of motivation. A better understanding of the influence time perspective has on athletes' functioning will be the very first step on the path of planning, creating and implementing a new area of interventions supporting athletes in sport.