

# Stuck In the Moment? Time Perspective and Time Allocation Across Social Classes in Poland.

## abstract

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Individual's time perspective and everyday time-use patterns have major impact on all realms of human life. They influence the chances for upwards mobility and affect individual life course trajectories. Using Temporal Orientations Survey (2014) and POLPAN Polish Panel Survey (2013) data this study analyses (1) the relationship between the perception of time or daily allocation of time and individual position in the social structure; and (2) the relationship between socio-demographic characteristics and willingness or the ability to plan one's future ahead.

Socio-demographic characteristics are shown to be related to future orientedness or planning for the future – the positive impact of income and (tertiary) education, and the negative impact of age was reported in the analysis using two different datasets. The effect of occupation and gender was not significant in either of the studies, which points to the consistency of results obtained for two independent samples. Interestingly, the effect of income and education on future planning is strong even when preference for delayed or immediate gratification and insecurity about the future are controlled for. Greater discounting of the future and greater insecurity are characteristic of people of lower social status.

The study casts light on the much overlooked dimension of social inequality, including the effect of temporal perspective on status attainment, social determinants of the ability to plan long-term and delay gratification, as well as the attitudes towards the future and their relationship with social status.