



# STUCK IN THE MOMENT? TIME PERSPECTIVE AND TIME ALLOCATION ACROSS SOCIAL CLASSES IN POLAND

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INTERNATIONAL SOCIOLOGICAL ASSOCIATION WORLD CONGRESS, JULY 2014

# THEORETICAL BACKGROUND

Common tendencies in human behaviours reported across disciplines:

- ❑ **Delayed gratification** and **orientation towards the future** (Merton, 1973; Zimbardo & Boyd, 1999)
- ❑ Differences in **time-discount rates** (Bauer & Chytilova, 2007)
- ❑ Preference for rigid temporal structure – **'economy of time'** (Braverman, 1998; Levine, 1997; Hall, 1984)
- ❑ **Time opportunity costs** (Becker, 1965)

Associations with **SES** variables and **life chances/ upward mobility** (Behrman and Nevzer, 1997; Mischel, 1989; LeShan, 1952; Moore, 1963; Rifkin, 1987) as well as health-related behaviours (Rothspan and Read, 1996; Zimbardo & Boyd, 1999).

# RESEARCH QUESTIONS

## ATTITUDES

Empirically tested **F1 future orientedness**, and **F2 clock-time frame**

How F1 and F2 are related to **socio-demographic** vars?

**Future insecurity** and **planning of the future** as related to social status.

## BEHAVIOURS and behavioural measures

Is there a relationship between **temporal orientations** and **time allocation**?

Is time allocation associated with **socio-demographic** characteristics?

What is the impact of **time discounting** (behavioural economics) on planning?

# DATA

(1) 2014 survey on **Temporal Orientations, Time Use Patterns and Social Inequality**

n=780

Representative sample for population aged 25-60

Supported by the National Science Center in Poland Preludium grant

(2) 2013 wave of **POLPAN Polish Panel Survey**

n =2196

A 6th wave of longitudinal study carried out by the Institute of Philosophy and Sociology of the Polish Academy of Sciences. The wave was supported by the National Science Center in Poland Maestros grant



# ATTITUDES TOWARDS THE FUTURE

POLPAN 2013 questions:

## 1) For people like you, next 5 years will bring:

- More opportunities than limitations,
- More limitations than opportunities, or
- Evenly

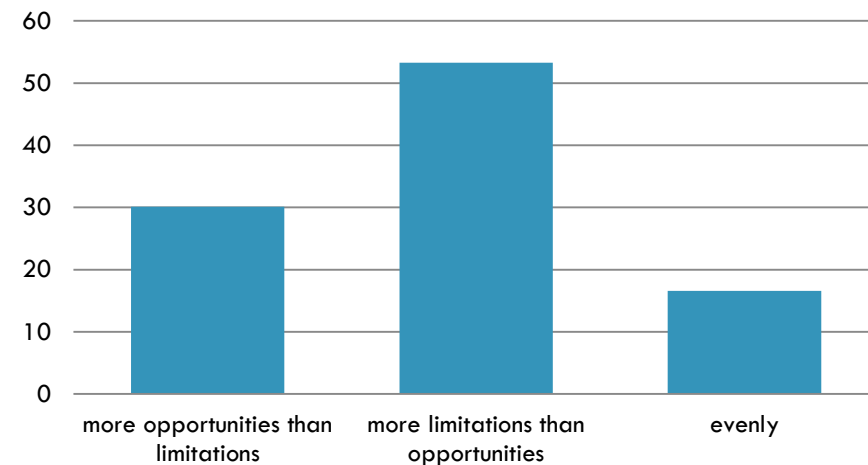
## 2) Do you belong to people who:

- Try to plan their life goals far in advance
- For various reasons avoid long-term planning
- It depends

## 3) How would you prefer to receive a substantial amount of money:

- To receive now the full (100%) amount, or
- To receive a doubled (200%) amount in 5 years?

What will the future bring? [POLPAN 2013, weighted]



# SOCIO-DEMOGRAPHIC VARS

**Sex, Age** (brackets)

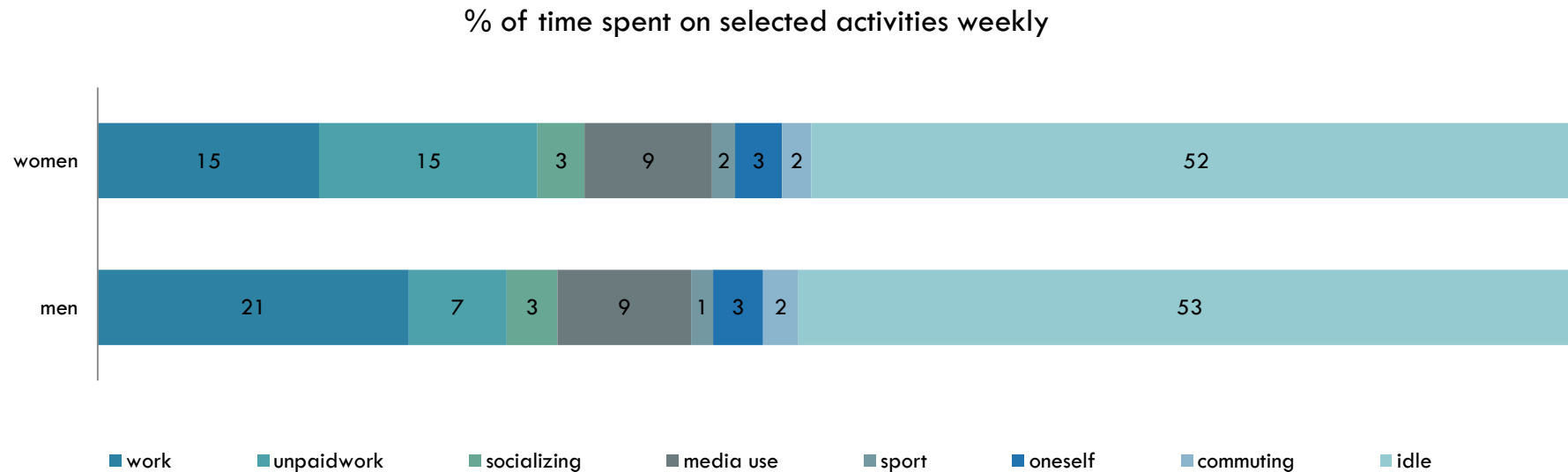
**Occupation:** categories based on ISCO-categorization of occupations for both datasets (SKZ in POLPAN)

**Education:** elementary, vocational (POLPAN: basic and professional), secondary (POLPAN: general and post-secondary), tertiary

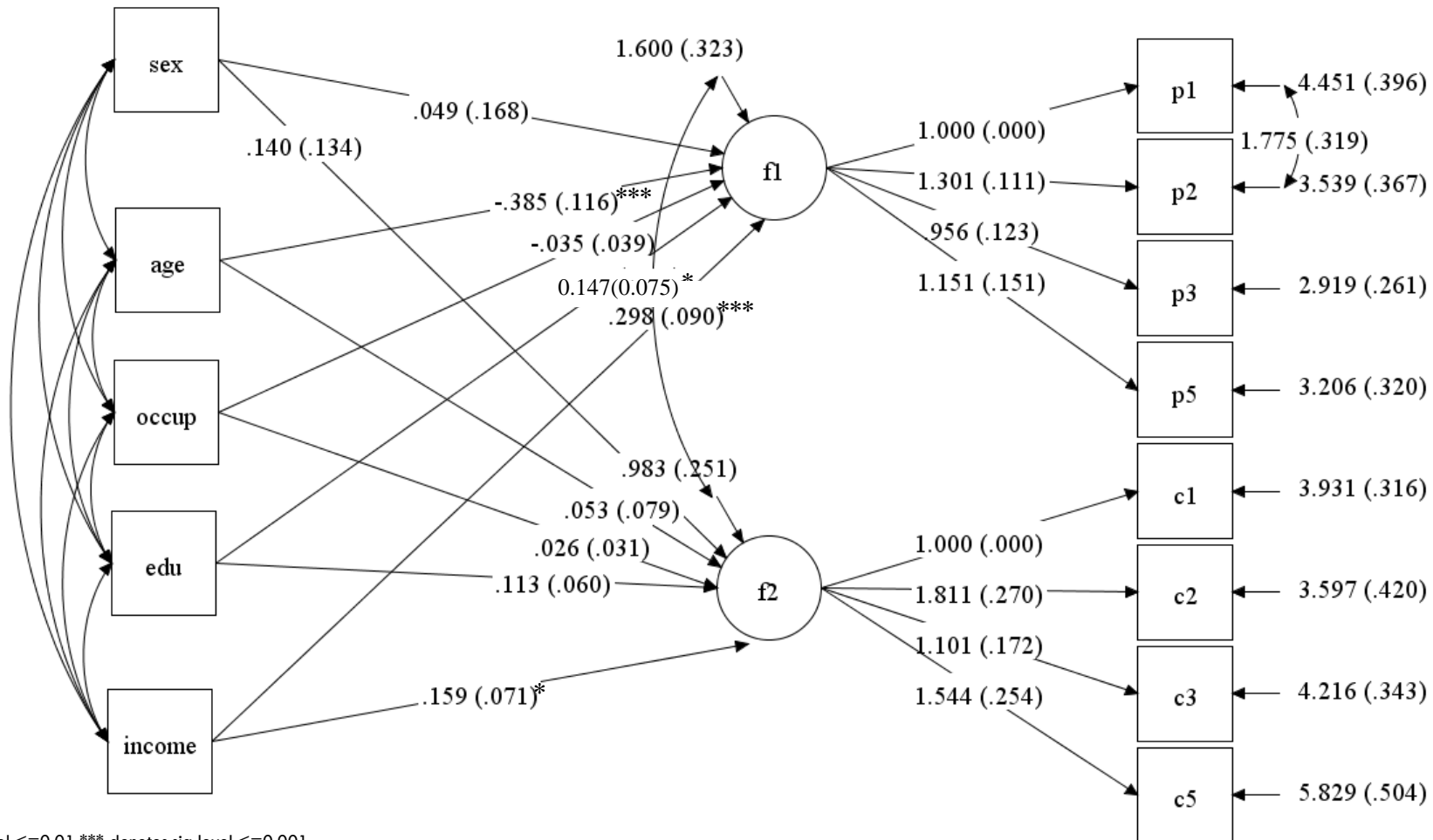
**Income:** bottom 20%; 20%-median; median-80%, top 20% (survey on Temporal Orientations); and income as discrete variable (POLPAN).

# WEEKLY TIME ALLOCATION

Stylised questions (Robinson and Gershuny, 1994) about time allocation to 7 main categories of activities. Idle time = remaining unassigned time.



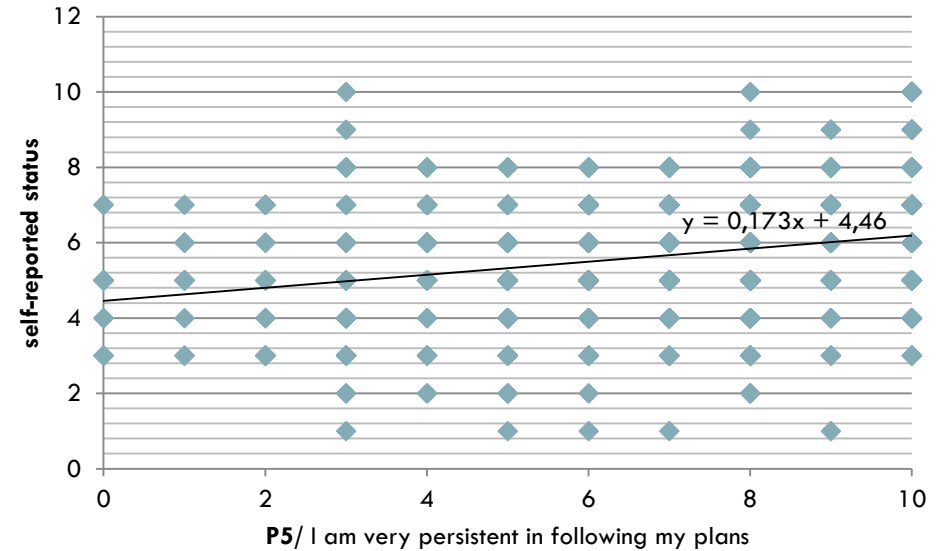
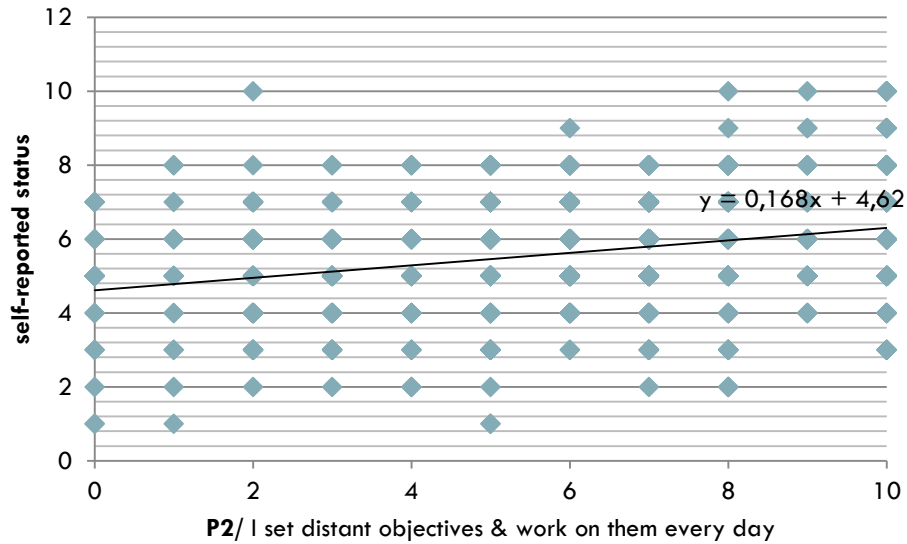
# ORIENTATIONS & SOC-DEM PROFILE



\* denotes sig level <=0.05 \*\* denotes sig level <=0.01 \*\*\* denotes sig level <=0.001



# SOCIAL STATUS (11 POINT SCALE) AND TIME PERSPECTIVE

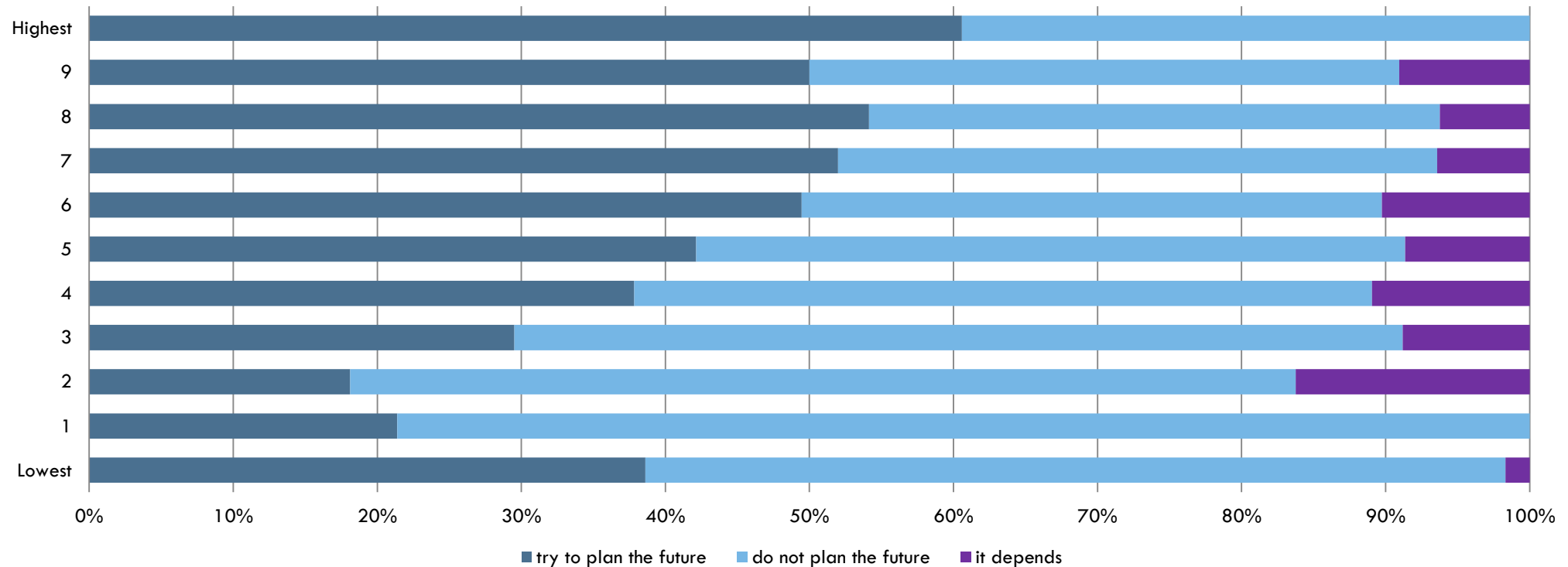


The effect of P2, P5 on **self-reported status** is significant also when controlling for age, sex\*\*, occupation, education\*\*, income\*, P2\*\*/P5\*\*\*

\* denotes sig level  $\leq 0.05$  \*\* denotes sig level  $\leq 0.01$  \*\*\* denotes sig level  $\leq 0.001$

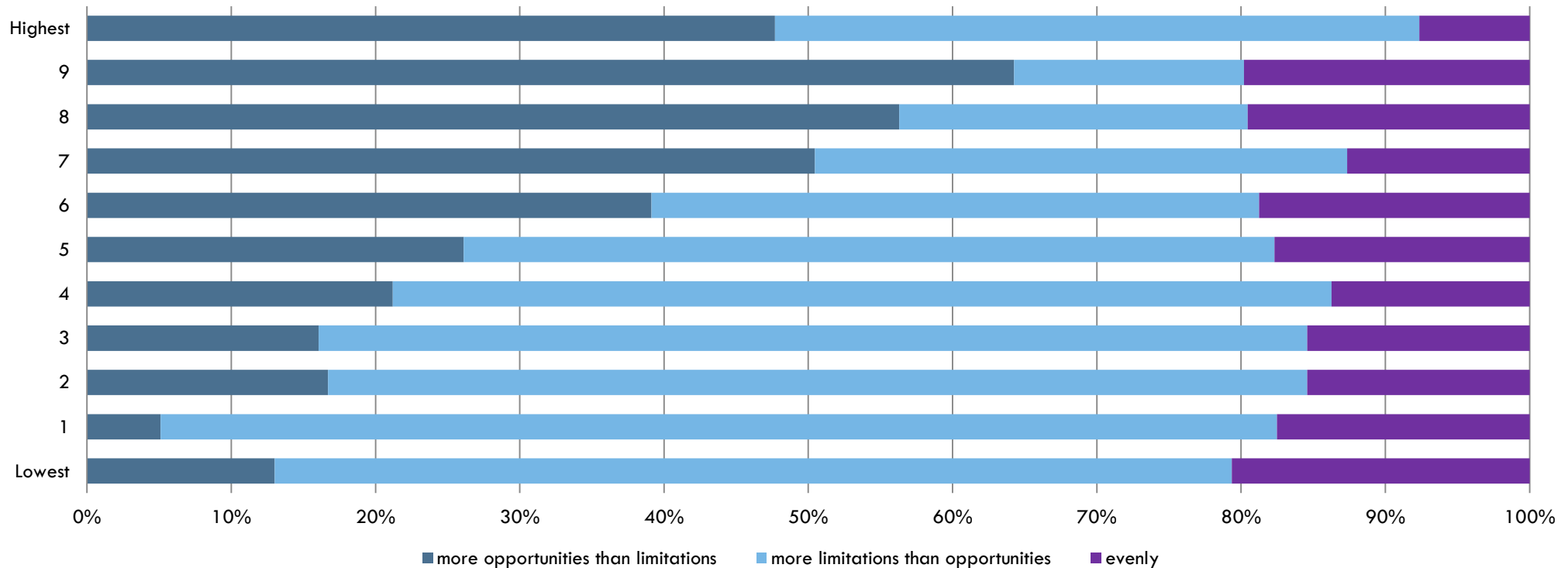
# SOCIAL STATUS (11 POINT SCALE) AND FUTURE PLANNING

Do you belong to people who (%), by social status; weighted [POLPAN 2013]

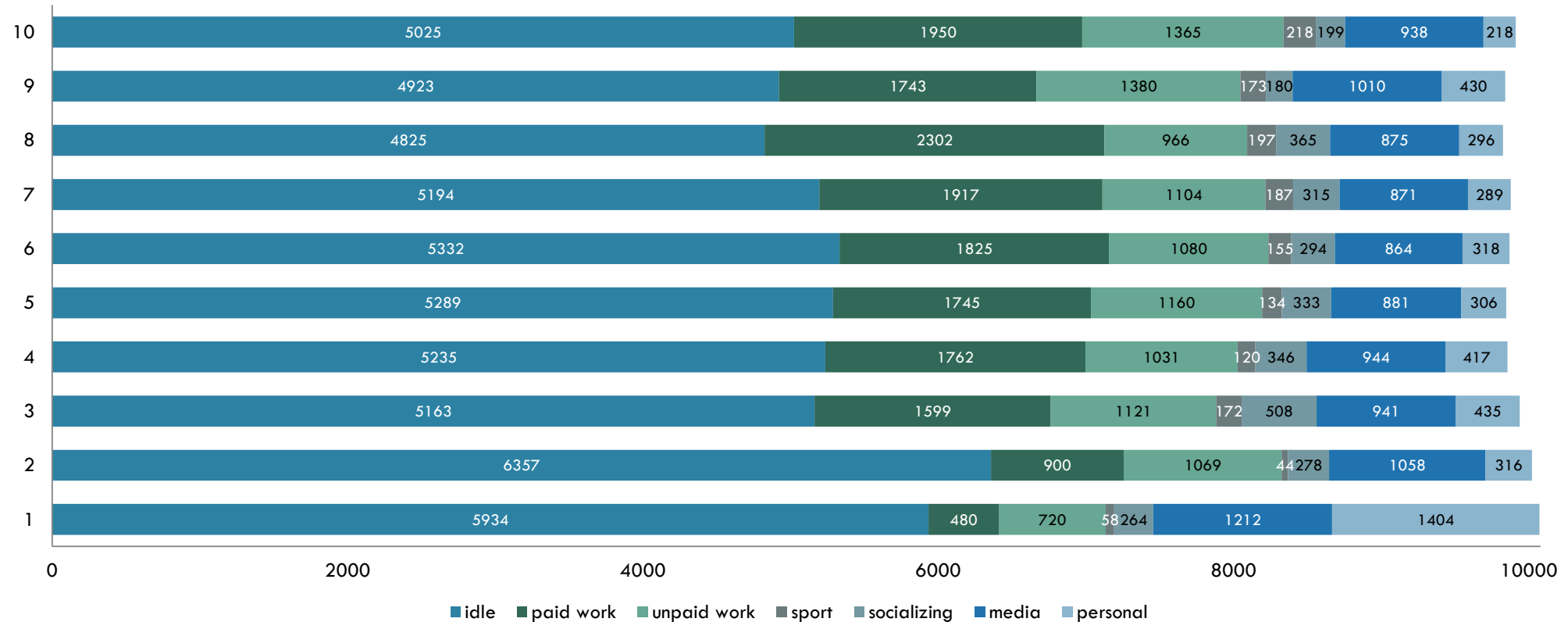


# SOCIAL STATUS (11 POINT SCALE) AND FUTURE INSECURITY

What will the future bring? Answers in % by social status [POLPAN 2013, weighted]



# SOCIAL STATUS (11 POINT SCALE) AND WEEKLY TIME ALLOCATION



# SOC-DEM VARS AND FUTURE PLANNING

	Odds ratio	Std. Err.
Age	.9802589***	.0051082
Gender: female	1.155862	.1647804
<i>Ref. officials and managers</i>		
Professionals	.4988549	.3363684
Technical specialists	.4764034	.3606647
Technicians	.6335023	.4428909
Administrative workers, middle-level	.5737617	.3834733
Office workers	.4862358	.3446677
Sales and service workers	.6256502	.4244117
Foremen	.4583277	.5244548
Skilled manual workers	.9532177	.6450978
Manual workers, basic occupation	.5142452	.3668876
Unskilled workers in services & trade	.4257573	.3051362
Laborers in agriculture, forestry	.4927037	.3858252
Farm owners	.7352621	.5137223
Business owners	.9966711	.6949736
<i>Ref. elementary and gymnasium</i>		
Basic vocational	1.399722	.3877208
High school	1.412504	.4362033
Vocational professional education	1.441742	.399047
Post-high school, including college	1.726996	.5339592
Tertiary	3.483903***	1.139454
Income	1.000076***	.0000214
Preference for delayed gratification	1.333506*	.1830665
Expecting more opportunities	1.371356*	.1942356

# TEMPORAL ORIENTATIONS AND TIME ALLOCATION

Controlling for sex, age, education, occupation and income:

## Longitudinal structuring

- 1 unit ↑ **P1** I have many plans for the future → 1 hr longer **working** week\*
- 1 unit ↑ **P2** I set distant objectives and work on them every day → 18% greater chance to do **sport**\*\*  
(odds ratio = 1.182202\*\*)

## Daily structuring

- 1 unit ↑ **C1** I am never late → 14 mins more **sport** over the week\*  
→ nearly 30 mins more **time for oneself** \*\*
- 1 unit ↑ **C5** I plan how much time I would spend on what and I stick to that → 10 mins more **sport**\* weekly

# SUMMARY AND CONCLUSIONS

Model with **F1 Future orientedness** and **F2 clock time frame** well explains variance in the data

Income, education, and age are associated with **F1 (future orientedness)** as well as with **future planning** – in case of the latter the relationship is strong even when **preference for delayed gratification** and **future insecurity** are controlled for.

Self-reported social status is related to **time allocation, future insecurity** (expecting more opportunities or more limitations) and **planning of the future**.

Temporal orientations and socio-demographic variables are related to **time allocation** over the weekend.

THANK YOU

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