The Role of Time Perspectives in Leisure Involvement and Attitudes

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여가관여도와 여가태도에 대한 시간관점의 역할

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요 약

Time perspectives have been known to guide people’s perceptions and allocations of time across many contexts. However, very little published research has explored relationships between time perspectives and leisure attitudes and enduring involvement once people have decided their leisure activity choices. Thus, the aim of this study was to analyze the relationships from time perspectives to leisure attitudes and enduring involvement to understand how time perspectives influence people’s leisure experiences. Two-steps cluster analyses and multiple regression analyses revealed that future time perspective showed a significant positive relationship to sign/attraction enduring involvement. No significant relationship was found between future time perspective and leisure attitude variables. Present fatalistic time perspective showed negative relationships to cognitive/affective leisure attitude, risk probability enduring involvement, and risk consequence enduring involvement. Past positive time perspective showed positive relationships to all the variables except for risk probability enduring involvement. Past negative/present hedonistic time perspective showed a positive relationship to sign attraction enduring involvement and a negative relationship to risk probability enduring involvement. Findings were discussed in light of individualized leisure service programming and early leisure education.

Abstract

시간관점은 인간의 다양한 관점에 영향을 미치는 것으로 알려져 있다. 하지만, 여가 연구에 있어, 오직 몇몇 연구자만이 시간 관점이 어떻게 여가선택에 영향을 미치는 가를 보았고, 시간관점과 여가 경향, 즉 여가를 선택한 후, 실제로 경험한 부분에 대한 연구는 부족하다. 이번 연구에서는 시간관점과 여가태도 그리고 지속적 여가관여도와의 관계에 대한 연구를 수행하고자 한다. 총 797개의 설문지가 사용되었고, 데이터 분석을 위해, 중량분석과 회귀분석이 사용되었다. 이를 통해 다음과의 결과를 산출하였다. 미래적 시간관점은 과시매력 지속적 여가관여도에 긍정적인 영향을 미쳤다. 숙명론적 시간관점은 인지적 정의적 여가태도, 위험 가능성 지속적 여가관여도, 그리고 위험경과 지속적 여가관여도에 부정적인 영향을 미치는 것으로 나타났다. 과거긍정적인 시간관점은 위험 가능성 지속적 여가관여도를 제외한 모든 변수에 긍정적인 영향을 미치는 것으로 나타났다. 과거 부정적, 현실 쾌락적 시간관점은 과시매력 지속적 여가관여도에는 긍정적인 영향을 위험이 가능성이 지속적 여가관여도와 위험경과 지속적 여가관여도에는 부정적인 영향을 미치는 것으로 나타났다. 결과들은 개인 맞춤형 여가 프로그램 디자인과 초기 여가 교육의 관점으로 설명하였다.

Key Words: time perspectives, enduring involvement, leisure attitudes, leisure education
I. Introduction

Researchers have long sought to understand people’s perception of time because tracking time is a basic operation of human development important in the evolution of human cognitive functioning (Suddendorf & Corballis, 1997). The evolving social-cognitive thinking is mainly produced by efficacy beliefs posited in past experiences, current appraisals, and reflections on future opinions and thus widely influences behavioral self-regulation (Bandura, 1997). When people need to make decisions, they tend to remember similar prior situations that can be nostalgic, positive, ruminative, traumatic, or negative (Zimbardo & Boyd, 1999). Such memory significantly influences current decisions, attitudes, and behaviors as people estimate costs, benefits, and future consequences based on the memory. Subsequently, this thinking process, referred to as Time Perspectives (TPs) (Mead, 1934) and defined as “the totality of the individual’s views of his psychological future and psychological past existing at a given time” (Lewin, 1951, p.75), influences actions and intentions in the present.

TPs are known to be consist of five time biases (Shores & Scott, 2007): a) past-negative, a biased thought to the present in light of a generally unhappy view of the past, b) past-positive, a biased thought to the present in light of a warm, sentimental attitude toward the past, c) present-fatalistic, a biased thought to the present in light of a hopeless attitude toward life, d) present-hedonistic, a biased thought to the present in light of a hedonistic, risk-taking, “devil may care” attitude toward life, and e) future, a biased thought to the present in light of anticipated goals and rewards. These five TPs distinctively and evidently affect a broad spectrum of people’s cognitive and affective processes (Zimbardo, 2002).

For example, a future-oriented person shows less sensation seeking and antisocial behavior, reward dependence, and fewer health risk behaviors (Zimbardo & Boyd, 1999). People with present-oriented TP positively relate to mental health problems, juvenile delinquency, crime, and addictions (Levine, 1997). Present-oriented people also show the frequent use of alcohol, drugs, and/or tobacco (Zimbardo, 2002) and sensation seeking (Zimbardo & Boyd, 1999). People with past-negative TP are likely to have depression, anxiety, unhappiness, and low self-esteem (Lyubomirsky & Nolen-Hoeksema, 1995). As such, it is evident that TPs relate to individuals’ current attitudes, behaviors, and decisions.

In the leisure literature, however only few studies (e.g., Shores, 2005; Shores & Scott, 2007) directly addressed the aforementioned five TPs, discussing the role of time perspectives in light of wellness, leisure decisions, and recreation preferences. They mainly focused that people make different leisure and recreation decisions according to TPs. Yet, no published study has explicitly discussed how leisure experiences are influenced by TPs once people make their leisure decisions. Given that TPs influence people’s cognitive and affective processes, it is a legitimate assumption that TPs may influence leisure experiences. Thus, the aim of this study was to analyze how leisure experiences are related to TPs using Leisure Attitudes (LAs) and Enduring Involvement (EI).

LAs are defined as people’s particular way of thinking about, feeling about, and acting toward leisure and consists of three dimensions; affective, cognitive, and behavioral LA (Neulinger, 1981). As an