

The ways of thinking about time, coping with negative mood and extraversion

The aim - to test the relations between ego-moving and time-moving representations of time and coping with negative mood, depending on the level of extraversion.

Two basic representations of time:

- motionless time in which it is the person that moves (**ego-moving**, e.g., "We are approaching vacation").
- moving time in which the person is motionless (**time-moving**, e.g., "Vacation is coming")

Participants: 101 people (79 women, 22 men; age 19-28).

Measures:

- the Extraversion scale from the NEO-Five-Factor Inventory (NEOFFI; McCrae and Costa, 2004)
- the Positive and Negative Affect Schedule (PANAS; Watson, Clark, Tellegen, 1988)
- the question adapted from Heimpel, Wood, Marshall and Brown (2002) to measure the expectations concerning the effectiveness of coping with negative affect

Negative mood was inducted by means of text to read combined with the presentation of vignettes.

The ego-moving/time-moving representation of time was activated by the procedure from the experiments carried out by Hauser, Carter and Meier (2009). Participants had to move rescheduled events to different days of the week in 12 trials.

Results

Extroverts are more convinced that they can deal with the negative mood when they think about time in the ego-moving category rather when they think about it in the time-moving category.

In the case of introverts, no significant relations were observed between how they perceived time and how well they coped with negative mood.

Discussion

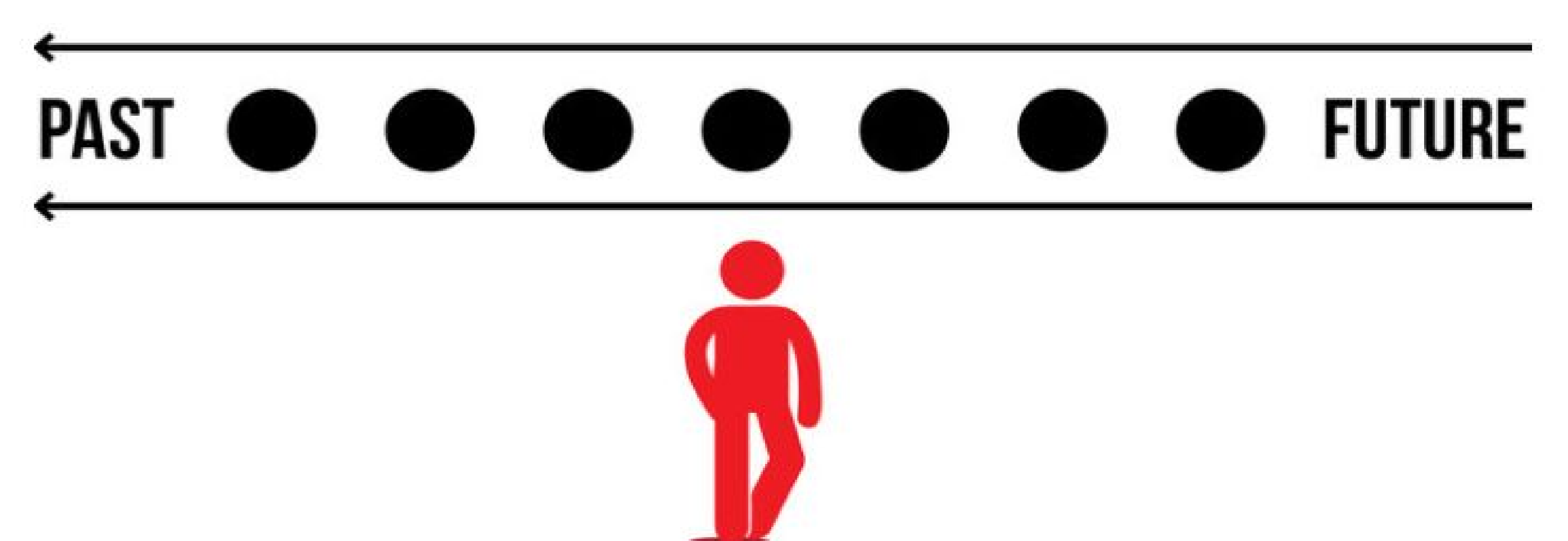
In the case of extraverts, thinking about time as a motionless continuum, in which a person moves, is mainly connected with the feeling that they can cope with a negative mood. It adds to the feeling of self-confidence, control over the course of events and the willingness to pursue a goal – feelings particularly important for extraverts (Hauser et al., 2009; McGlone and Pfiester, 2009; Margolies and Crawford, 2008; Richmond et al., 2012).

Extraverts and introverts differ in how important thinking about time in order to deal with negative moods is for them.

▶ EGO-MOVING METAPHOR



▶ TIME-MOVING METAPHOR



From: <https://www.hunch.co.nz/ourblog/a-theory-on-time>

References

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