



Time Perception, Mindfulness and Happiness of College Students

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ABSTRACT

Our experience and almost all of our activities are centred upon how we perceive time. Individual's perception of time and how it influences both mindfulness and happiness is an unexplored area. This study tries to find the fundamental relationship of Time Perception with Mindfulness and Happiness. 211 college students were selected using the convenience sampling method. The Mindful Attention Awareness Scale, Zimbardo Time Perspective Inventory Short Form and Subjective Happiness Scale were administered online using google forms. The data collected was analysed based on Pearson's bivariate correlational research design. The relationship between the Future and Mindfulness was significant. Past Negative and Present fatalism were negatively correlated with Happiness. On the other hand, Past Positive Dimension and Future was found to have a substantial positive relationship with Happiness. Finally, suggestions based on the findings were discussed.

Keywords: College Students, Happiness, Mindfulness, Time Perception

1. Introduction

The concept of Time Perception is vital and has been extensively studied, but the discipline is currently facing a variety of challenges. Experimental psychology's first major research area was Time Perception, which has been thoroughly investigated for well over a century. In frightening circumstances, an anxious person feels as though time is flowing slowly (Bar-Haim et al., 2010). According to research, worry induced by particular circumstances alters how time appears to pass. For instance, it has been discovered that people with spider phobia mistakenly perceive the time spent seeing a spider as being longer than that which those without spider phobia experience (Watt & Sharrock, 1984). As a result, sensations of anxiety are linked to the perception that time is moving more slowly than usual. People who have social anxiety disorder also feel as though time is moving slowly because they experience an increase in anxiety-related symptoms (such as palpitations, sweating, and blushing) in social circumstances. Additionally, an incorrect understanding of time causes excessive worry in social situations, which exacerbates the nervous condition (Bar-Haim et al., 2010).

The literature on the therapeutic uses of Mindfulness is still in its infancy, both theoretically and empirically. The psychological concept of Mindfulness has gotten a lot of attention recently. The bulk of studies looking at the effectiveness of Mindfulness-based therapies have been clinical studies. The energy of Mindfulness is awareness and awakening to the present. It is the continuing act of always engaging intimately with life. Undermining studies are necessary to separate and compare numerous active components in Mindfulness-based therapies, such as social support, relaxation, and cognitive behavioural components. Such studies also need to look at the main concept of Mindfulness itself to see if it is the development of "Mindfulness" that causes the observed improvements. Mindfulness inventories helped in the progress of statistical models of mediation (Brown & Ryan, 2003). This is the beginning of an understanding of the fascinating and intricate process known as Mindfulness.

Happiness, a mental or emotional state of well-being is a common goal that people strive for, but for many, it continues to frustrate and elude them, a

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psychological evolutionary perspective provides unique insights into some problematic obstacles to happiness and as a result how to create settings for raising the standard of living. Pleasant emotions that can range from contentment to ecstatic delight are the characteristics of Happiness. Philosophers and religious thinkers usually define Happiness as flourishing or leading a good life rather than merely a feeling. Recent decades have seen the accumulation of a sizable body of social science research on Happiness, primarily conducted by economists and psychologists. However, sociologist's contributions to "happy studies" have been much more modest. There are cultural differences in Happiness and subjective well-being, according to recent cross-cultural research. The historical ideologies and religious notions that have shaped culture's conception of Happiness serve as its foundation. As a result, we could anticipate significant cultural differences in what pleasure and quality of life signify (Kitayama & Markus, 2000). Happiness is characterised in European-American cultural contexts as a positive emotional state that is often interpreted as a state dependent on both personal achievement and the maximisation of positive personal traits (Myers & Diener, 1995).

The study's main goal is to comprehend how Time Perception is related to Mindfulness and Happiness. Studies on these factors from a societal perspective have been done. However, there hasn't been any research that explores how people perceive time while they're happy and also how it influences mindfulness. This investigation seeks to close that gap. Therefore, we tried to elaborate on these issues in our study.

1.1. Hypotheses

- There will be no significant relationship between Time Perception and Mindfulness in college students
- There will be no significant relationship between Time Perception and Happiness in college students

2. Methods

2.1. Participants

The purpose of this study is to examine the relationship between Mindfulness, Happiness and Time Perception of college students. 211 participants from the emerging adulthood population participated in the survey. It was conducted using Google Forms and consent from participating individuals was taken before administering the survey. The participants were selected using a convenience sampling method and were allocated 5 to 10 minutes during their leisure time to complete the survey. A socio-demographic sheet was administered to all the participants through the form. Data analysis was done using SPSS- 28.0.1.1 for determining the relationship of Mindfulness and Happiness with Time Perception. Pearson bivariate correlation was used to find the relationship between the variables.

2.2. Zimbardo Time Perspective Inventory (ZTPI)

The ZTPI is a 16-item inventory designed by Charkraborty & Chechi (2019) was used to determine the subject's perception of time. Participants responded on a five-point Likert scale. The factors of time perception were past negative, present hedonism, past positive dimension, and future and present fatalism. The reliability of the tool was 0.663 and validity was established.

2.3. Mindful Attention Awareness Scale

Brown & Ryan (2003) developed the MAAS inventory which is a 15-item inventory that measures the individual's mindfulness. The responses of participants were recorded on a 6-point Likert scale ranging from "Almost Always" to "Almost Never" was used to record. Cronbach's alpha for this instrument was 0.878, and this scale's validity was verified.

2.4. The Subjective Happiness Scale

The SHS, a 4-item inventory designed by Lyubomirsky & Lepper (1999), measures the subjective happiness of individuals. Responses from the participants were tallied on a five-point Likert scale, with not Happy) to 7 (Extremely Happy). Test-retest reliability for this tool varied from 0.55 to 0.90 and validity was established.

3. Results and Discussion

Based on the developed objective and hypothesis, the data that had been obtained was examined. From the analysis, the following results were observed.

Table 1. Bivariate Correlation among Cognitive Flexibility and Big Five Personality Traits

	Mindfulness	Happiness
Past Negative	-0.100	-0.384**
Present Hedonism	0.101	0.015
Past Positive Dimension	-0.098	0.234**
Future	0.140*	0.204**
Present Fatalism	-0.120	-0.157*

Future and Mindfulness had a positive and significant correlation ($r = 0.140^*$). Therefore the null hypothesis, which states that "There will be no significant relationship between Time Perception and Mindfulness" was partially rejected. It was found that Past Negative and Happiness had a negative and significant correlation ($r = -0.384^{**}$). Past Positive Dimension was also found to be positively and significantly correlated with Happiness ($r = 0.234^{**}$). Also, we found that the Future and Happiness are positively and significantly correlated ($r = 0.204^{**}$). Present Fatalism had a negatively significant relationship with Happiness ($r = -0.157^*$). Thus the null hypothesis stating that "There will be no significant relationship between Time Perception and Happiness" was partially rejected.

This study aimed to find the fundamental relationship between Time Perception, Mindfulness and Happiness. Mindfulness is the energy of being aware and awake to the present. It is the ongoing practice of deeply engaging with life at every moment. Our results indicate that Future had a significant positive correlation with Mindfulness and Happiness. People can find significance in their daily actions by envisioning a happier future, provided that they believe these actions help pursue Happiness (Van Tilburg et al., 2019). A person who has a good outlook on the future, therefore, shows more mindfulness. Future and happiness are associated because this confirms our results that having a more positive outlook on the future can boost our happiness.

Interestingly, there is a negative significant correlation between the Past negative and Happiness. And this indicates that a person who continuously regrets and worries about their past has a lower level of Happiness. People's perceptions of their quality of life are typically decreased by unfavourable experiences (Zautra & Reich, 1983).

Additionally, according to our research, there is a positive and significant relationship between Past Positive Dimension and Happiness. The Past Positive factor reinforces the idea that thinking about or recalling good occurrences or incidents from the past makes us feel joyful by reflecting and having a positive outlook on the past. Bhullar et al. (2015) findings are consistent with the findings of this study where gratitude was found to be a mediator between past positive perspectives and life satisfaction.

We also find a negative significant correlation between Present Fatalism and Happiness ($r = -0.157^*$). The Present Fatalistic aspect reveals the importance of belief in destiny and fate which results in the resignation of present acts. Maladaptive psychological outcomes, tense arousal and negative affect were positively related to present fatalistic time perspective, tense arousal and negative affect (Stolarski et al., 2014). As a result, we can assume that those who have a higher current fatalistic time perspective will probably be less happy.

This research's contribution should be considered in light of its limitations. The current study's use of self-report, which may not always be correct, is a potential flaw. A second limitation comes from the sample participating in the study. It is unclear whether Time Perception, Mindfulness and Happiness are related in the same way in younger and older people. Thus, it is imperative to conduct further research that includes a varied population. The dearth of earlier research in this area is another constraint. Finally, the sample size taken for the study is small therefore more research with a larger sample size has to be done. To explicitly evaluate the impact of gender on the relationship between time perception, mindfulness, and happiness, more research needs to be conducted. Since there isn't any research that discusses the relationship between Time Perception, Mindfulness and Happiness our research closes that knowledge gap. According to the findings of the current study, Time Perception was significantly related to the Mindfulness and Happiness of individuals.

We can conclude from the evidence above that there is a significant relationship between Mindfulness and the Future. Past Negative and Present Fatalism was negatively connected with Happiness while Past Positive Dimension and Future were positively related to Happiness. The study demonstrates how individuals' perception of time affects their level of mindfulness and happiness.

4. References

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