

The Relation between Future Time Perspective and Ideal Affect

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Abstract

Socioemotional selectivity theory suggests people change their goal prioritizations with perception of future time. Specifically, people prioritize emotional meaningful goals to experience their desired emotion, when they perceive future time as more limited (e.g., at an advance age); however, they prioritize knowledge goals to gain new knowledge and establish new social connections, when they perceive future time as less limited (or more expanded; e.g., at a younger age). The present research aimed at testing the influence of future time perspective on ideal affect (the affective feelings that people desire or ideally want to feel), which can be considered to be the ultimate emotional goals. Two types of ideal affect were tested in the present research, i.e. low arousal positive affect (LAP; e.g., calm, relaxed, and peaceful) and high arousal positive affect (HAP; e.g., enthusiastic, excited, and elated). The current work involves three studies. Study 1 tested the correlational relationships between future time perspective and (a) ideal LAP and HAP, (b) ideal LAP-HAP discrepancy; and (c) the probability of choosing a physician who holds a philosophy to treating patients in a relaxed and calm style (i.e., a LAP physician). I found that participants with a more limited future time perspective (a) ideally desired to experience more LAP, (b)

preferred LAP over HAP more; and (c) were more likely to choose a LAP physician than did participants with a less limited perspective. Study 2 replicated the findings in Study 1 in an experience sampling study over seven days. I found that participants with a more limited future time perspective (a) ideally desired to experience more intense and frequent LAP state, (b) prefer LAP over HAP more intensely and frequently than did participants with a less limited future time perspective. Study 3 experimentally manipulated future time perspective and tested the subsequent changes in ideal affect and its related decision-making. Similar to the first two studies, I found that participants primed with a more limited future time perspective (a) ideally desired to experience more LAP, (b) preferred LAP over HAP more, and (c) were more likely to choose LAP-related choices, than did participants with a less limited future time (or more expanded future time) perspective. These three studies showed a consistent pattern describing the relationship between future time perspective and ideal affect. These findings broaden our scientific understanding of the emotional goals under different future time perception.

Key words: ideal affect, future time perspective, decision-making

未來時間感知對理想情緒和與其相關的衛生保健決策的影響

摘 要

社會情緒選擇理論提出人們對未來時間的感知會改變目標。具體來說，當人們感覺到未來僅剩有限的時間（例如：在年長的時候），他們會優先選擇情緒目標去體驗他們希望感受的情緒；然而當人們感覺到未來還有充裕的時間（例如：在年輕的時候），他們會優先選擇知識目標去學習新的知識，結交新的朋友。本研究旨在探究未來時間感知對理想情緒（人們渴望或者理想希望感受到的情緒）的影響。本研究測量了兩種理想情緒：低喚醒度積極情緒（LAP；例如：平靜，放鬆，平和）和低喚醒度積極情緒（HAP；例如熱誠，興奮，興高采烈）。本研究包含三個實驗。實驗一測量了未來時間感知和以下變量的相關：（a）理想的低喚醒度積極情緒（LAP）和高喚醒度積極情緒（HAP），（b）選擇一個秉持 LAP 理念治療的醫生的可能性。實驗一發現，與感知到未來時間相對無限的被試相比，感知到未來時間更為有限的被試（a）更希望感受到低喚醒度積極情緒；（b）比起高喚醒度積極情緒更希望感受到低喚醒度的積極情緒（低喚醒度積極情緒減去高喚醒度積極情緒差異更大）；（c）更大可能選擇秉持 LAP 理念治療病人的醫生。實驗二運用為時七天的經驗取樣法重復了實驗一的結果。實驗二發現，與感知到未來時間相對無限的被試相比，感知到未來時間更為有限的被試更希望感受到更深度和更頻繁的低喚醒度積極情緒，（b）比起高喚醒度積極情緒，更希望感到更深度和更頻繁低喚醒度的積極情緒。實驗三運用實驗方法操縱被試對未來時間的感知，考察理想情緒和與其相關的決策是否受到影響。與實驗一和實驗二相似，實驗三發現，與被啟動了未來時間相對無限的被試相比，被啟動了未來時間更為有限的被試（a）更希望感受到低喚醒度積極情緒，（b）比起高喚醒度積極情緒更

希望感到低喚醒度積極情緒；(c) 更大可能選擇與 LAP 相關的選項。本研究的三個實驗探求了未來時間感知對理想情緒的影響，得到了一致的結果。這些發現拓展了對不同時間感知情況下的情緒目標的科學理解。

關鍵詞： 理想情緒，未來時間感知，決策

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