

T. M. Tytarenko

PREDICTING THE FUTURE AND SATISFACTION WITH LIFE

According to our results, increase in productivity of personal prediction has a positive influence on life satisfaction. The present research explores what role the various types of future prediction play in personal life satisfaction. The study focuses on some psychological time phenomena: desires, life choices, aspirations, motivations. To influence personal well-being the desires might be mature, productive, strong and adequately assessed the current life situation. For high level of well-being intrapersonal desires are more important than interpersonal ones. The life choice determining the horizon prediction leads to the transformation of meanings due to the development of new causal sequences of life-satisfaction. The satisfaction with own self and own life world grows when a person makes life-changing decisions from some alternatives. There are the criteria of readiness for significant choices to increase life-satisfaction: self-organizing; psychosemantic; subjective; functional; operational. The stages of life aspirations include communicative semiotization for defining unconscious ambitions and the registration of the forecast as an underway to the desired plot of worthy life, the narration activation leads to the verbal form of the forecast as a desirable plot of a worthy life, and purposeful creation of the story about decent future life, known as setting the concrete tasks. Motivation-semantic future structuring determines the personal life-satisfaction while taking the narrative form in different contexts of communication. The future structuring which is directly related to the effort to optimize the quality of life is self-creating and re-assessment one; in the 1-st model a person re-assesses adopted values and the source of life changes as changes of own self through the integration of new experience; in the 2-and model the values are already adopted, interpreted, and the movement is due to the changes in life situation.

Key words: predicting the future, life-satisfaction, desires, life choices, aspirations, semantic motivations.

Formulation of the problem. There are not many Ukrainian psychological researchers that focus on the personal life-satisfaction, quality of life, personal well-being. It is related to the difficult socio-economic situation in Ukraine as well as to the developmental logic of social sciences in post-totalitarian countries with collectivistic ideology and absence of inte-rest in the life-satisfaction of individuals. In today's world the individual loses stability, turns into a process, a flow, a movement. Therefore, the question of personal future prediction becomes more relevant. The absolute desire of everyone is to

achieve the satisfaction with their own lives, if not in the present, then in the future. Therefore, studying the problem of future planning and its links to the life-satisfaction becomes more and more actual.

Recent research and publications analysis. Investigations of American scientists J.-A. Tsang, Th. P. Carpenter, J. A. Roberts, M. B. Frisch, and R. D. Carlisle (2014) shed light on why high materialistically-oriented people are less happy than those who show lower levels of materialism and suggest the possibilities for interventions to increase life-satisfaction [12]. In a cross-cultural study conducted in 40 countries, E. Diener, Ch. Scollon, Sh. Oishi, V. Dzokoto, and M. Suh showed that the link between income and happiness is most closely monitored by respondents who are below the poverty line [7]. The study of understanding narratives and discourses for middle-class representatives in the UK (Hyman, L., 2014) shows that external resources, such as social relations, money, and labor, have not such priorities for happiness as individual ones [4].

The study of Y. Park, & C. Fritz (2014) proposes spousal recovery support as a potential resource, as dual-earner couples can draw on to enhance their recovery experiences and well-being. It was hypothesized that spousal recovery support would be related to the recipient spouse's life-satisfaction via his or her own recovery experiences (i.e., psychological detachment, relaxation, and mastery experiences) [6]. British psychologists K. Sparks, B. Faragher., C. Cooper, (2005) also discuss the impact of workplace transitions on employee well-being [10]. They focus on four issues that are current concerns for organizations and the workforce; job insecurity, work hours, control at work, and managerial style. The meta-analytic results on the work-family conflict and the job-life satisfaction relationship show that a consistent negative relationship exists among all forms of work-family conflict and job-life satisfaction. The relationship between the job-life satisfaction and the work-family conflict may be stronger for women than for men [5].

In developed countries which provide their citizens the opportunity to meet their basic needs the significance of the communicative factor for well-being is increased. It turns out that the restoration of social relations, the manifestations of altruistic behavior are most conducive to happiness, well-being, longevity [8].

One of the most interesting for us is the concept of psychological well-being of C. Ryff, where the welfare is not limited to the hedonistic pleasures, but primarily related to the development and self-realization of personality [9]. Questions on personal well-being, quality of life in Ukraine are treated as an ecological-psychological problem, as a person's evaluation of own social functioning, as an important component of professional self-realization, as a basic part of psychological health and its restoration related to the long-lasting personal trauma.

J. Zhang, and R. Howell (2011) compared the relationships between time perspectives, the Big Five personality traits, and life satisfaction. The personality traits and time perspectives were both associated with life satisfaction. Individuals who show high levels of extraversion and those having a past positive time perspective and a present hedonism time perspective were more satisfied with their lives; individuals with high indexes on neuroticism and those having a past negative time perspective were less satisfied with their lives [13].

The role of temporal perspectives in well-being is analyzed in the recent work of M. Stolarski, and G. Matthews (2016). Their study aimed to test the incremental validity of Time Perspective scales in predicting satisfaction with life and mood, over and above the Big Five personality traits. According to their results the way which people perceive their past, present and future remain significant for both cognitive and affective aspects of well-being [11].

There are *unresolved problems* of the foreseeable predicting of future connections with life-satisfaction; the role of time perspectives in subjective well-being; the influence of personal desires, motivations, aspirations, life-changing decisions, and other forms of predicting the future to the welfare which is primarily related to the personality's growth.

The purpose of the article is to investigate the impact of various types of personal future prediction upon the satisfaction with life.

Presenting main material. Every person has the freedom to choose and change not only his/her direction in life but the way of predicting the future. We understand the future prediction as a process to conceptualize the framing of present experiences [11], and as a focus on particular time horizons. Increase in the productivity of personal prediction has a positive influence on life satisfaction. There are the various types of future prediction as psychological time phenomenon and all of them play special role in life-satisfaction. The study focuses on such psychological time phenomenon as desires, life choices as life-changing decisions, motivations, life aspirations, tasks of life. All these entities in their own way influence the creation of dynamic models of more or less satisfactory personal future. The findings revealed that the increase in productivity of the personality's future model is positively projected on the success, experiencing in the present and expecting in the future. Well-being is defined as satisfaction with life, demonstrated by prevalence of positive experiences related to the present and future.

The first type of predicting the future as psychological time phenomenon are desires, perceived appetites of the personality. We regard desires as a factor in the structure of the future, which harmonizes one's needs with the demands of society. A model of life, realized in the individual's desires, includes an assessment of inner potential and goal, the choice of which allows responding flexibly to requirements without changing the design of life.

Our postgraduate student J. I. Kologriva investigated the influence of desires on personal well-being. The study showed that participants with productive desires highly appreciated the high level of well-being. The desires do not fulfill their stimulating function when they are not strong, and when the current life situation is not adequately assessed. There is a difference between interpersonal and intrapersonal desires. We interpret interpersonal desires as an effort to obtain material security, social esteem, popularity, and influence on the people around you. Intrapersonal desires, especially those related to personal development, attachment experience, love, and healthcare, were not presented in the group with the low level of well-being. Increasing effort to obtain status and decreasing hunger for power shifted from the group of subjectively successful to the group of unsuccessful persons. According to the analysis of gender differences, more productive women have close and definite life perspectives, and men prefer ambivalent and distant perspectives. Women are more focused on current roles in life, as building a family and getting independence from parents. Men have more globally-oriented desires, related to success in life and they need much more time for their realization. Thus mature personal desires can support life-satisfaction increasing, if they are simultaneously manifested in directing, stimulating and balance maintaining functions between adaptation and self-realization [2].

Next type of predicting the future are life choices, making life-changing decisions. In accordance with our assumptions, a choice becomes a driving force, a strategic solution stimulated by life events and the internal dissatisfaction with the current state, a wish to change the direction of one's life path at some stage. The need to make a choice is driven by personal dissatisfaction with oneself, dissatisfaction with the way of life, its productivity and quality. There are defined the following criteria of personality's readiness for significant choices, which increase the satisfaction with life: self-organizing (restructuring of personal life according to optimality parameters); psychosemantic (choice of new interpretations for experience according to parameters of understanding, appropriateness, incontestability); subjective (update of the responsibility for his/her life); functional (elaboration of life techniques that facilitate the choice); operational (development of the ability to initiate the choice, overcome the start difficulties, progress by stages and reach a qualitatively new level of self-realization).

The third type of predicting the future are personal life aspirations as emotional, conative and cognitive anticipation of a worthy future. Estimating and modeling functions of life aspirations form an emotional component in the structure of aspirations. The conative component is formed by stimulating and regulating functions. The core of the cognitive component composed of reflexive function of rethinking the acquired, already past, complemented by the modeling function of the future. The effect of personal aspirations consists of the following steps. First, there is the phase of communicative

semiotization for defining unconscious ambitions and the registration of the forecast. Next is the phase of the narrative process activation. It leads to the verbal form of the forecast as a desirable plot of a worthy life. On the third step the story about decent future life becomes purposeful, known as setting own tasks.

In postgraduate student's L. M. Dolgich investigation (2007) it was demonstrated the influence of gender stereotypes to personal career aspirations. We have found that a positive relationship to career, acknowledging its importance for self-realization and increase of the quality of life is practically the same for men and women, although men are more responsible in their choice of strategies for realization of professional aspirations. Women more often choose a riskless job with a relatively low but stable salary and a slow career growth. Level of gender stereotypes, which complicated creative modeling of future, was higher in men group than in women one. The research showed that stable stereotypes, such as gender stereotype, force man to focus on implementation of personality aspirations as well as focus on the existing image of man or woman [1].

One more type of predicting the future is motivational and semantic structuring of the personality's future life. We tried to explain how motivation-semantic future structuring determines the personal life satisfaction. The findings of our postgraduate student K. O. Cheremnykh (2008) show that future modeling takes the form narrative. In different contexts of communication, the event is a marker of life horizon and current events are interpreted regarding the past, present, and future. A person structuring his/her own future relies on the following levels of motivation: basal-consumable (motivation of well-being, comfort, abundance, emotional warmth); level of self-confirmation (self-assessing success motifs, acknowledgement, power, responsibility); level of self-construction (personal growth motives, self-cognition, understanding of the world); level of life creation (motives of life transformation, improvement). There are the empirical distinctions between seven variants of future structuring. Only two of them are directly related to the effort of young people to optimize the quality of life. The first is self-creating model where the personality reassesses adopted values and the source of life changes as changes of oneself through integration of new experience. Second is the re-assessment model where the values are already adopted, interpreted, and movement is due to changes in life situation, expanding its interpretation borders and including results of life choices and realized deeds [3].

Conclusions. According to our results, every person has the freedom to choose and change not only his/her direction in life but the way of predicting the future as a focus on particular time horizons. The personality model of future is positively projected on the success, experiencing in the present and expecting in the future.

The satisfaction with life is the welfare, the well-being of personality demonstrated by a prevalence of positive experiences is related to the present and positively related to future. The productivity of personal prediction has a positive influence on well-being.

There are various types of predicting the future as psychological time phenomenon: desires as perceived appetites of the personality, life choices as life-changing decisions, aspirations as emotional, conative and cognitive anticipation of personalities worthy future, motivations as semantic structuring of the future life. All these entities in their own way influence the creation of dynamic models of more or less satisfactory personal future.

To influence personal well-being the desires might be productive, strong and adequately assessing the current life situation. The interpersonal desires are the effort to obtain material security, social esteem, popularity, and influence of the people around you. Intrapersonal desires, especially those related to personal development, attachment experience, love, and healthcare present in the group with the high level of well-being. Mature personal desires can support increasing life satisfaction if they are simultaneously manifested in directing, stimulating and balance maintaining functions between adaptation and self-realization.

When a person makes life-changing decisions from some alternatives, his/her satisfaction with own self and own life world tends to grow. The life choice determining the prediction horizon leads to the transformation of meanings due to the development of new causal sequences of life-satisfaction. There are the following criteria of readiness for significant choices to increase life-satisfaction: self-organizing; psychosemantic; subjective; functional; operational.

Life aspirations as a type of predicting the future self-satisfaction contribute to the construction of such future life which the person considers being decent. The developmental stages of this process include communicative semiotization for defining unconscious ambitions and the registration of the forecast, the activating narration leads to the verbal form of the forecast as a desirable plot of a worthy life and purposeful creation the story about decent future life, known as setting the concrete tasks.

Motivation-semantic future structuring determines the personal life satisfaction taking the narrative form in different contexts of communication. Only two variants of future structuring are directly related to the effort of young people to optimize the quality of life. First is the self-creating model where the personality re-assesses adopted values and the source of life changes are changes of own self through integration of new experience. Second is the re-assessment model where the values are already adopted, interpreted, and movement is due to changes in life situation, expanding of its interpretation borders and including results of life choices and realized deeds.

Literature

1. Долгих Л. М. Вплив статеворольових стереотипів на кар'єрні домагання молоді : автореф. дис. на здобуття наук. ступеня канд. психол. наук : спец. 19.00.05 "Соціальна психологія; психологія соціальної роботи" / Л. М. Долгих. – Київ, 2007. – 16 с.
2. Кологривова Е. І. Функції особистісних прагнень в переживанні молодою людиною суб'єктивного благополуччя : автореф. дис. на здобуття наук. ступеня канд. психол. наук : спец. 19.00.05 "Соціальна психологія; психологія соціальної роботи" / Е. І. Кологривова. – Київ, 2008. – 24 с.
3. Черемних К. О. Мотиваційно-сміслові структурування майбутнього як механізм нарративної ідентичності студентської молоді : автореф. дис. на здобуття наук. ступеня канд. психол. наук : спец. 19.00.05 "Соціальна психологія; психологія соціальної роботи" / К. О. Черемних. – Київ, 2008. – 22 с.
4. Human L. Happiness: Understanding Narratives and Discourses / Laura Human. – London : Palgrave MacMillan, 2014. – 168 p.
5. Kossek E. Work-family conflict, policies, and the job-life satisfaction relationship: A review and directions for organizational behavior-human resources research / E. Kossek, C. Ozeki // Journal of Applied Psychology. – 1998. – Vol. 83 (2). – P. 139–149.
6. Park Y. Spousal Recovery Support, Recovery Experiences, and Life Satisfaction Crossover among Dual-Earner Couples [Electronic resource] / Y. Park & C. Fritz // Journal of Applied Psychology. – 2014. – Access mode : <http://dx.doi.org/10.1037/a0037894>.
7. Positivity and the Construction of Life Satisfaction Judgments: Global Happiness Is Not the Sum of Its Parts / E. Diener, Ch. N. Scollon, Sh. Oishi, V. Dzokoto, M. E. Suh // Journal of Happiness Studies. – 2000. – Vol. 1 (2). – P. 159–176.
8. Post S. Altruism, Happiness, and Health: It's Good to Be Good / S. Post // International Journal of Behavioral Medicine. – 2005. – Vol. 12, № 2. – P. 66–77.
9. Ryff C. Know thyself and become what you are: a eudemonic approach to psychological well-being / C. Ryff, B. Singer // Journal of Happiness Studies. – 2008. – Vol. 9. – P. 13–39.
10. Sparks K. Well-being and occupational health in the 21st century workplace / K. Sparks, B. Faragher, C. L. Cooper // Journal of Occupational and Organizational Psychology. – 2001. – Vol. 74. – P. 489–509.
11. Stolarski M. Time Perspectives Predict Mood States and Satisfaction with Life over and above Personality / M. Stolarski, G. Matthews // Current Psychology. – 2016. – Vol. 35, is. 4. – P. 516–526.
12. Why are materialists less happy? The role of gratitude and need satisfaction in the relationship between materialism and life satisfaction / J.-A. Tsang, Th. P. Carpenter, J. A. Roberts, M. B. Frisch, R. D. Carlisle // Personality and Individual Differences. – 2014. – Vol. 64. – P. 62–66.
13. Zhang J. W. Do time perspectives predict unique variance in life satisfaction beyond personality traits? / J. W. Zhang, R. T. Howell // Personality and Individual Differences. – 2011. – Vol. 50. – P. 1261–1266.
14. Zimbardo P. G. Putting time in perspective: a valid, reliable individual-differences metric / P. G. Zimbardo, J. N. Boyd // Journal of Personality and Social Psychology. – 1999. – Vol. 77. – P. 1271–1288.

References

1. Dolgikh, L. M. (2007). *Vplyv statevoroliovykh stereotypiv na karierni domahannia molodi* [The influence of gender stereotypes on the aspirations in the career of youth]. Abstract of Ph. D. dissertation, Institute of Social and Political Psychology of the NAPS Ukraine, Kyiv (ukr).
2. Kologyryvova, E. I. (2008). *Funktsii osobystisnykh prahnen v perezhyvanni molodoiu lidynoiu subiektyvnoho blahopoluchchia* [The functions of the personal aspirations in the experience of subjective well being among youth]. Abstract of Ph. D. dissertation, Institute of Social and Political Psychology of the NAPS Ukraine, Kyiv (ukr).
3. Cheremnykh, K. O. (2008). *Motyvatsiino-smyslove strukturuvannia maibutnioho yak mekhanizm naratyvnoi identychnosti studentskoi molodi* [Motivational and semantic structuring of future as mechanism of narrative identity of students]. Abstract of Ph. D. dissertation, Institute of Social and Political Psychology of the NAPS Ukraine, Kyiv (ukr).
4. Hyman, L. (2014). *Happiness: Understanding Narratives and Discourses*. London: Palgrave MacMillan.
5. Kossek, E., & Ozeki, C. (1998). Work-family conflict, policies, and the job-life satisfaction relationship: A review and directions for organizational behavior-human resources research. *Journal of Applied Psychology*, 83 (2), 139–149.
6. Park, Y., & Fritz, C. (2014). Spousal Recovery Support, Recovery Experiences, and Life Satisfaction Crossover among Dual-Earner Couples. *Journal of Applied Psychology*. Advance online publication: <http://dx.doi.org/10.1037/a0037894>.
7. Diener, E., Scollon, Ch. N., Oishi, Sh., Dzokoto, V., & Suh, M. E. (2000). Positivity and the Construction of Life Satisfaction Judgments: Global Happiness Is Not the Sum of Its Parts. *Journal of Happiness Studies*, 1 (2), 159–176.
8. Post, S. (2005). Altruism, Happiness, and Health: It's Good to Be Good. *International Journal of Behavioral Medicine*, vol. 12, № 2, pp. 66–77.
9. Ryff, C., Singer, B. (2008). Know thyself and become what you are: a eudemonic approach to psychological well-being. *Journal of Happiness Studies*, 9, 13–39.
10. Sparks, K., Faragher, B., Cooper, C. L. (2001). Well-being and occupational health in the 21st century workplace. *Journal of Occupational and Organizational Psychology*, 74, pp. 489–509.
11. Stolarski, M., Matthews, G. (2016). Time Perspectives Predict Mood States and Satisfaction with Life over and above Personality. *Current Psychology*, vol. 35, is. 4, 516–526.
12. Tsang, J.-A., Carpenter, Th. P., Roberts, J. A., Frisch, M. B., & Carlisle, R. D. (2014). Why are materialists less happy? The role of gratitude and need satisfaction in the relationship between materialism and life satisfaction. *Personality and Individual Differences*, 64, 62–66.
13. Zhang, J. W., Howell, R. T. (2011). Do time perspectives predict unique variance in life satisfaction beyond personality traits? *Personality and Individual Differences*, 50, 1261–1266.
14. Zimbardo, P. G., & Boyd, J. N. (1999). Putting time in perspective: a valid, reliable individual-differences metric. *Journal of Personality and Social Psychology*, 77, 1271–1288.

Титаренко Т. М. Прогнозування майбутнього і задоволеність життям

З огляду на результати наших досліджень підвищення продуктивності особистого прогнозування позитивно впливає на задоволеність життям. У роботі визначено роль, яку різні способи прогнозування майбутнього відіграють у задоволеності людини власним життям. Дослідження фокусується на деяких психологічних часових феноменах: бажаннях, життєвих виборах, прагненнях, мотиваціях. Щоб вплинути на особисте благополуччя, бажання мають бути зрілими, продуктивними, сильними і такими, що адекватно оцінюють актуальну життєву ситуацію. Для досягнення високого рівня благополуччя внутрішньо-особистісні бажання важливіші за міжособистісні. Життєвий вибір, що визначає прогнозний горизонт, сприяє перетворенню значень за рахунок розвитку нових причинних зв'язків із задоволеністю життям. Задоволеність собою і власним життєвим світом зростає, коли людина вибирає рішення, що змінює життя, з кількох альтернатив. Критеріями готовності до значущого життєвого вибору, що підвищує задоволеність власним життям, є самоорганізаційний, психосемантичний, суб'єктивний, функціональний та оперативний. Як стадії життєвих домагань можна виділити комунікативну семіотизацію для визначення несвідомих амбіцій; активізацію нарації, завдяки якій розгортається вербальний прогноз як бажаний сюжет гідного життя, і цілеспрямоване створення історії про достойне майбутнє у формі постановки конкретних завдань. Мотиваційно-семантична структура майбутнього визначає особисту задоволеність життям, обираючи наративну форму в різних контекстах комунікації. Структурування майбутнього, безпосередньо пов'язане з прагненням оптимізувати якість життя, проявляється в моделях самотворення та переоцінки: у першій моделі особистість оцінює прийняті цінності та розглядає як джерело життєвих змін інтеграцію нового досвіду; у другій моделі значення вже прийняті, інтерпретовані і рух відбувається через зміни в життєвій ситуації.

Ключові слова: прогнозування майбутнього, задоволеність життям, бажання, життєві вибори, домагання, семантичні мотиви.

© Титаренко Т. М.