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FORMS OF TIME PERSPECTIVE AND EXTREMITY

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Transformation of time perspective in extreme situation regardless of the intensity of the traumatic experience a person can cope with them in meaning personality work – mastering the traumatic life experience, restore lost connections between parts of experience constructing their own experience in narratives, stories of life, and not only future, but his past – in the temporal activities, such as activities of construction of temporary forms linking past, present and future in continual integrity.

Keywords: *time perspective; temporal unity; temporal work of personality; temporal form; narrations; construction of experience.*

ФОРМЫ ТРАНСФОРМАЦИИ ВРЕМЕННОЙ ПЕРСПЕКТИВЫ В ЭКСТРЕМАЛЬНОЙ СИТУАЦИИ

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Формы трансформации временной перспективы в экстремальной ситуации независимо от интенсивности травматического опыта человек может совладать с ними, в смысловой работе по овладению своим опытом, восстановлению утраченной связи между частями опыта, конструированию своего опыта, нарратив, историй своей жизни, а также не только своего будущего, но и своего прошлого – в темпоральной деятельности, как деятельности по конструированию временной формы, связывающей прошлое, настоящее и будущее в континуальную целостность.

Ключевые слова: *временная перспектива; темпоральная целостность; темпоральная работа личности; конструирование опыта; нарративы; временная форма.*

Introduction

Lately modern psychology started to transform from morphological to temporal dynamic approach to activity. Instability, extremeness' of modern life demands changes in scientific approaches

to linear conception of temporality as well. Special attention in motivation, personality psychology is drawn to time perspective. New definitions of time perspective and insights into this phenomenon and from the point of view of meaning conception of stress and trauma – is an actual task of the article.

Review

Studies of time perspective in extreme situation date back to traditional understanding of experience time flying in joy, and stretched in trouble in ancient philosophy, or for example Jame's sophisticated differentiations [2]. Most studies of this problem show that people reflect their temporal experience during extreme situations as «stretched» [1, 4, 5, 6]. The more traumatic event occurs, more the effect of the «stretched» time is approaching to its nearly complete halt «time dragged on for ages», «time stands still», «inhibition of time», «not knowing how much time has passed» (When this trend is observed in the context of future time orientation – future seems to be something distant and unreal, or in other cases – it comes enough close: «the future grew in there», «future was so close», or «the future does not exist» «there was no future at all». These effects are consistent with common notions of «life review», «panoramic memories» [10, 12]. We come across contradiction that could be interpret by two ways of reproduction: as chronological process of events consequence that were experienced as extremely stretched or in the form of almost simultaneous holistic process of rapid life retrospective. An interesting «timeless» phenomenon «watching the scene as if from outside» is described as dissociative phenomena of derealization that play the role of defense mechanism in the context of trauma [7].

In studies of traumatic stress in Vietnam Veterans [13, 7], as well as veterans of Afghanistan [3, 11] there was shown that there are differences in the temporal construction in extreme and non-extreme situations. time flows labile and fluid both prospectively and retrospectively in normal situations. As to the estimation of the rapidness rate in some studies it raises doubts about the accuracy of the data as well as these data do not have sufficient explanations. The presented study testes the hypothesis of the time construction in an extreme situation as: 1) rigidity, characterized as traumatic stupor, excessive slowdown, stop or 2) fast, labile, dynamic, creating excess, effective style survival and effective overcoming the extreme situation [3]. Analysis of the practical work carried out by the psychological service of Afganistan Veterans, Stress studies Centre in MSU, the Committee of Soldiers Mothers, survivors of extreme life situations, crises, loss of loved ones, loss of health – it was shown that temporal laws are not linear and seem to be paradoxical. Time depends not on the strength or intensity of exposure to traumatic event, as it is considered in traumatic stress studies [8, 13, 14, 15] and not on the personality traits. It is affected by what gives meaning for life event («meaning concept of

psychic trauma» [3,11] and what kind of personality work with one's traumatic experience individual fulfils.

To verify these assumptions, the experience of time in an emergency study was designed.

The objective of the study was to test the features of temporal perspective which have no clear understanding, no reasoned explanation in studies and interpretations: rigidity and labelity, deceleration and acceleration, compression and expansion. The aim of this study was to find any variables that mediate the time perception in emergency situation to clarify the different nature of temporal experience in retrospective description of traumatic experience. We evaluate the relationship of time deceleration and acceleration with negative and positive temporal mode (positive or negative future, positive or negative past), passive or active position in coping with traumatic experiences. The study involved 186 subjects, who has experienced three traumatic situation: death of close ones, loss of health, divorce and separation from loved ones, loss of work and social position in society, physical violence, associated with humiliation.

Hypothesis 1. There exist forms of time perspective: chaotic, compressed, the expansion and balanced time perspective in an emergency.

Hypothesis 2. There is a relationship between the type of time perspective, manifested in the character of time experience in an emergency situation and the position in coping with traumatic experiences.

Hypothesis 3. Passive and active position in coping with traumatic experiences mediates the experience of time in an emergency.

Methods

Qualitative methods – structured interview method of incomplete sentences, Impact of event scale M. Horowitz (adaptation M.Sh. Magomed-Eminov) are used.

The procedure of the study supposed that subjects described ten traumatic life time situations, in the structured interview which included questions about any traumatic event that happened in their life, thoughts occurred in these situations, conscious content, emotions and what occurred after the situation was over, including time perception in the situation itself, changes in the course of the situation. Experience of past, present and future, thoughts and feelings in the situation itself, immediately after and later on after time passed. The subjects ranged the first three most traumatic situations in order of decreasing intensity of traumatic exposure. Objective criterion intensity of traumatic life events were the score by IES (Horowitz). Subjects with high IES scores were selected.

Results and discussion

Qualitative analysis of the texts of interviews by three independent experts according to the following categories: the temporal experience during extreme situation (sub-categories: acceleration, deceleration, stop of time), thoughts during the event (past, present or future), proximity or distance of the future in the event, changes in time perception after the situation, experiences, feelings immediately after the situations, experiences and feelings at the moment of event, thoughts during the event.

Four groups differing in dynamics experiences time in an emergency situation were the result of content analysis.

1. Accelerated during the time (34 events with empirical referents like: «life continued at double speed» «events occurred at twice speed – day for two», «accelerated over time», «life felt to be an instant», «feeling quickly leaking time»).

2. Slow, stop of time (94 situation (empirical referents of the sub-categories: «time stretched in action», time lasted as in «on-frame playback», in «slow motion», «seconds stretched out in a minute», «time was stretched in anticipation»).

3. Chaotic time flow was observed in 6 cases (i.e, accelerated, then slowed down, «all went on in a moment, and then time stopped», «time is accelerated, then slowed down», «ambivalent feeling: time can be slowed down, or could accelerate», «sense of time changed instantly»).

4. No changes over time. The fifth group of subjects were unable to reflect a period of time, or did not give any answers (in 12 cases the time did not change its flow («the death of my mother ... events unfolded as usual ... the heart is torn apart», «everything went on as usual»); in 9 cases subjects could not answer.

The cases relate to the 3-5 group, observed in different subjects and only once it described the individual that is not the position or features of the subject, but rather a characteristic of type of experience in this situation: the subjects mainly pointed to the experience «of pain, anguish, despair, fear, resentment, grief, etc. However – it was evident that some people often say about the actions that they committed or would like to fulfil rather than, just to be involved in heavy experiences or on the analysis of one's consciousness. The «actions» contained such referents as: «had to decide», «to organize the funeral as it should», «trying to make his life bearable», «ought to find justice», «to build plans», «decide what to do to get money», «to fight the disease», «search for medications», «find job», «all right to organize», «to help father», «desire to help», «desire to help others», «take care of the neighbor».

There were found significant differences between groups 1 and 2 in the parameters «positive future» ($p < 0,027$), «negative past» ($p < 0,05$), «position in coping with traumatic experience» ($p < 0,05$).

Group with experience of rapid passage of time was characterized by a greater severity of positive future orientation and lower negative past and higher orientation on active steps to overcome the extreme situation, as compared with the group that time in an emergency situation is experienced as. Among other things, it can be noted that in the group with the «acceleration» of time not only focus on the prevalence of active coping with the traumatic situation was observed, but also the prevalence of statements attributed to the experts to applicable category as a whole, rather than to thoughts or feelings in comparison with the group of «slow» time flow, which is significantly below the level of expression of positive statements about the future, the higher the negative past and the higher the position of coping with traumatic experiences. For the group with the experience of the chaotic flow of time, and the group which does not record changes in the experience of the flow of time, significant differences were found.

Conclusions and implications

The data show that the presence of active measures for coping with traumatic experiences affect the dynamics of the experience of time (causing the acceleration of the flow of time) in an emergency situation and the type of time perspective (positive orientation to the past and a positive future). It happened despite the presence in all groups and negative feelings emotions (fear, pain, hatred, resentment, depression). This indicates that, regardless of the intensity of the traumatic experience a person can cope with them in meaning personality work – mastering the traumatic life experience, restore lost connections between parts of experience constructing their own experience in narratives, stories of life, and not only future, but his past – in the temporal activities, such as activities of construction of temporary forms linking past, present and future in continual integrity.

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