Chapter 13

Time Perspective, Meaning in Life and Subjective Well-being in Macedonian Undergraduate Students

Marija Shterjovska
Elena Achkovska-Leshkovska
Faculty of Philosophy, Ss. Cyril and Methodius University, Republic of Macedonia
stermar86@gmail.com
eleskovska@yahoo.com

Abstract: According to previous studies, there is strong relationship between some factors of Zimbardo's time perspective model and well-being, between meaning in life and well-being, as well as between time perspective and meaning in life. Having in mind that similar research haven't been conveyed so far in Republic of Macedonia, the goal of this study was to test inter-correlations among mentioned variables and to explore whether time perspective and meaning in life are significant predictors of the subjective well-being. Participants were undergraduate psychology students from University “Ss Cyril and Methodius” in Skopje. They have completed surveys that assessed time perspective (ZTPI), meaning in life (MLQ) and subjective well-being (PANAS and SWLS). The results have shown that subjective well-being is associated with presence of meaning in life, orientation toward present pleasure (PH), sentimental attitude toward the past (PP) and lack of negative view of the past (PN). Furthermore PH and PP appeared important for presence of meaning in life, while future orientation was associated with search of meaning in life. Finally, it was found that presence of meaning in life and Past-Negative factor significantly predict students’ subjective well-being. Overall, the evidence indicates that most of the previous findings are valid for Macedonian context as well.

Keywords: time perspective, meaning in life, subjective well-being.

Introduction

Well-being is a core topic of research in the positive psychology because it deals with many aspects of psychological health as an eternal desirable state of every human being. The most representative ingredients of psychological well-being are happy feelings brought on by something we enjoy and the feeling that what we are doing with our lives has some meaning and purpose. The first, more hedonic facet, refers to Subjective Well-being (SWB) as “person's cognitive and affective evaluations of his or her life” (Diener, Lucas & Oshi, 2002, p.63). There appear to be at least three major components to subjective well-being: pleasant emotions and moods, lack of negative emotions and moods and satisfaction judgments about one's life. The second facet, the eudemonic one, refers to the extent to which people comprehend, make sense of, or see significance in their lives, accompanied by the degree to which they perceive themselves to have a purpose, mission, or over-arching aim in life (Steger, 2009)