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## **Do not kill the time, modify your time perspective: proactivity vs present hedonism in male inmates**

### **Nie zabijaj czasu, zmień perspektywę czasową: proaktywność a hedonistyczna teraźniejszość u osadzonych mężczyzn**

The aim of this paper is to analyze men's activity styles during imprisonment and the relationship between prison activity styles and time perspective of inmates. The activity is considered in its two forms, i.e. intrapsychic and behavioral. A total of 140 male inmates, aged 24-55 years ( $M = 34.8$ ;  $SD = 7.16$ ), who were housed in six southern Poland prisons participated in the study. Almost two-thirds of the respondents were recidivists, and the average sentence was about six years of imprisonment. Self-descriptive research methods were used. During the analysis of the results, three styles (clusters) of activity manifested by inmates were distinguished. They are defined as: (I) passivity, (II) purpose-oriented activity (proactivity) and (III) imaginary-oriented activity. They are related to the time perspectives, depressiveness and sociodemographic variables. The results of research are vital from the point of view of increasing the effectiveness of rehabilitation programs. However, the interventions taken should take into account (to a greater extent than before) the time perspectives of inmates.

**Key words:** male prisoners, time perspective, proactive self-regulation, hedonism, activity styles.

Celem artykułu jest analiza stylów aktywności mężczyzn podczas odbywania kary pozbawienia wolności oraz związku między stylami aktywności osadzonych a ich perspektywą czasową. Aktywność jest rozpatrywana w dwóch formach, tj. intrapsychicznej i behawioralnej. W badaniu wzięło udział 140 osadzonych mężczyzn w wieku 24–55 lat ( $M = 34,8$ ;  $SD = 7,16$ ), przebywających w sześciu zakładach karnych południowej Polski. Prawie dwie trzecie badanych było recydywistami, a średni wyrok wynosił około sześciu lat pozbawienia wolności. Zastosowano samoopisowe metody badawcze. Analiza wyników pozwoliła wyodrębnić trzy style (skupienia) aktywności przejawiane przez osadzonych. Określono je jako: (I) bierność, (II) aktywność zorientowana na cel (proaktywność) oraz (III) aktywność zorientowana na wyobrażenia. Są one powiązane z perspektywami czasowymi, depresyjnością i zmiennymi socjodemograficznymi. Wyniki badań są istotne w kontekście poprawy skuteczności programów resocjalizacji penitencjarnej. W ich świetle podejmowane oddziaływania powinny w większym niż dotychczas stopniu, uwzględniać perspektywę czasową osadzonych.

**Słowa kluczowe:** więźniowie, perspektywa czasowa, proaktywna samo-regulacja, hedonizm, style aktywności

## Introduction

The essence of criminal punishment is its severity, which affects an offender personally. Nowadays, in the majority of countries, the most severe punishment is imprisonment. However, according to the modern philosophy of law, this severity is not intended to fulfill a retaliatory function, but its main purpose is to make the offender take responsibility for their actions and, in the future, change them, so as they have greater respect towards legal norms and comply with them – in a word: rehabilitation. Nevertheless, social rehabilitation is not entirely effective

– recidivism in various countries of our globe ranges from 20 - 63%<sup>1</sup>. Why is this happening?

The answers may be sought in two main areas – in environmental factors (both in the environment of imprisonment and in the environmental situation of an individual after having left prison) and in personality determinants. Our search for answers is located in the latter trend – it attempts to identify at least some of the personality determinants that could, if properly influenced during imprisonment, reduce the propensity of individuals to relapse into crime. The object of our interest is the issue of (pro)activity and the individual time perspectives of inmates.

Research indicates that taking up activity while serving a prison sentence is associated with the way of experiencing the time of imprisonment<sup>2</sup>. In addition, the activity itself (both behavioral and mental) can be rooted in various temporal frames, i.e. undertaken to achieve future goals, to cope with the challenges of the prison's present or in relation to past events. Considering the complex connections between activity and temporality, the special role of activity for understanding the functioning of prisoners and the possibility of social rehabilitation of inmates we have attempted to characterize the activity styles of men while serving a prison sentence and to present the connection between prison activity and the time perspective of the respondents. The relationship between the activity and temporal orientation is discussed in the context of the psychological mechanisms of self-regulation.

## Individual time perspectives

One of the most crucial contemporary views on experiencing time by humans is the Time Theory formulated by Zimbardo and Boyd<sup>3</sup>.

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<sup>1</sup> D. Yukhnenko, S. Sridhar, S. Fazel, *A systematic review of criminal recidivism rates worldwide: 3-year update*, „Wellcome Open Research” 2020, nr 3, p. 4–28.

<sup>2</sup> R.G. Carvalho, R. Capelo, D. Nuñez, *Perspectives concerning the future when time is suspended: Analysing inmates' discourse*, „Time & Society” 2018, nr 27(3), p. 295–311; B. Crewe, *The prisoner society: power, adaptation and social life in an English prison*, Oxford University Press, Oxford 2012; B. Gulla, K. Tucholska, M. Wysocka-Pleczyk, *Individual time perspective of convicts on imprisonment sentences: Implications for social rehabilitation interactions*, „Polish Journal of Social Rehabilitation” 2015, nr 10, p. 41–54; I. O'Donnell, *Prisoners, solitude, and time*, Oxford University Press, Oxford 2014.

<sup>3</sup> P.G. Zimbardo, J.N. Boyd, *Putting time in perspective: A valid, reliable individual-differences metric*. „Journal of Personality and Social Psychology” 1999, nr 77(6), p. 1271–1288; P.G. Zimbardo, J.N. Boyd, *The time paradox: The new psychology of time that will change your life*, Simon and Schuster 2008.

According to the theory, the way of experiencing reality is strongly related to the time perspective characteristic for a given person. Some „live on memories” (orientation towards the past), others focus on „here and now” (orientation towards the present), others tend to „look to the future” (orientation towards the future). If we also take into account the factor of emotional valence in relation to each of the three dimensions of time, we will obtain, according to the findings of Zimbardo and Boyd<sup>4</sup>, five time perspectives: Past Positive (manifesting itself in focusing on past positive events), Past Negative (focusing on failures and unpleasant memories), Present Hedonistic (focusing on currently experienced pleasures), Present Fatalistic (a belief that the current situation is determined by fate, and it is beyond human control), and Future (expressed in planning and forecasting, and considering the possible consequences of undertaken actions). Zimbardo and Boyd<sup>5</sup> consider a balanced time perspective to be optimal from the point of view of psychological well-being. It is characterized by a specific configuration of the above-described perspectives, expressed in the ability to enjoy the „here and now” situation, having goals for the future and a positive attitude to the past.

Zimbardo and Boyd<sup>6</sup> are of the opinion that the time perspective adopted by an individual is of fundamental importance for one’s functioning, as it constitutes a reference point for all decisions and actions taken, most often remaining unaware. It serves the purpose of mental organization of experiences, giving them order, consistency, as well as meaning and emotional load. Therefore, it plays an essential role in self-regulation processes. The existence of close links between the time perspective and self-regulation processes is confirmed by the latest meta-analysis of the results of 378 research projects, carried out by Baird et al.<sup>7</sup> The present time perspective turns out to be negatively correlated with self-regulatory processes, ability, and outcomes. The results of the studies by Zebardast et al.<sup>8</sup>, conducted among students, prove that people with a higher level of self-control are characterized by a more positive time perspective, i.e. a lower emphasis of orientation towards the

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<sup>4</sup> Ibidem.

<sup>5</sup> Ibidem.

<sup>6</sup> Ibidem.

<sup>7</sup> H.M. Baird, T.L. Webb, F.M. Sirios, & J. Gibson-Miller, *Understanding the effects of time perspective: A meta-analysis testing a self-regulatory framework*, „Psychological Bulletin” 2021, nr 147(3), p. 233–267.

<sup>8</sup> A. Zebardast, A.M. Besharat, M. Hghighatgoo, *The relationship between self-regulation and time perspective in students*, „Procedia – Social and Behavioral Sciences” 2011, nr 30, p. 939–943.

negative past, hedonistic and fatalistic present, and a greater emphasis of the future perspective. Similar results were obtained by Kostić<sup>9</sup> in the fact that two perspectives were statistically significant for explaining the variance of self-control – the Hedonistic Present  $\beta = -.404$  and a Positive Orientation towards the Future  $\beta = .220$ .

If, due to the specificity of the configuration of time perspectives deviating from the so-called balanced profile, the processes do not run efficiently, it is possible to change the layout of time perspectives in the process of psychotherapeutic interventions, the principles and assumptions of which were described by Zimbardo et al.<sup>10</sup>

The time aspect is extremely important during imprisonment. In addition to its objective dimension, i.e. the length of the sentence, vital is its psychological dimension, i.e. the subjective inmates' experience of the time of imprisonment, combined with the evaluation of previous life in freedom and plans for the future. The temporal aspect is important not only for achieving social rehabilitation goals and avoiding relapse into crime, but also for the situation of the inmate during imprisonment, their functioning in prison and undertaken activities. As Sparks et al.<sup>11</sup> state: „time is the basic structuring dimension of prison life”.

On theoretical grounds, an attempt to apply the concept of time perspectives with regard to prisoners was made by Gulla and colleagues<sup>12</sup>. In their deliberations, they drew attention to the issue of narrowing the full time perspective in prisoners, which may explain the inmates' functioning during imprisonment and affect their readaptation after leaving prison. They distinguished three groups of inmates: „prisoners of the past”, „prisoners of the now” and „prisoners of the future”.

For the first of the mentioned groups, the source of anxiety and frustration may be the past, constantly recurring in the form of bad memories (negative experience of the past) or, on the contrary, an idealized time of lost freedom (orientation towards the positive past). As the authors of the article suggest, in social rehabilitation with „prisoners of the past”, emphasis should be placed on working through traumatic events and, at the same time, paying attention to actual successes and positive experiences

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<sup>9</sup> A. Kostić, *Time perspective and self-control in high school graduates*, „Journal for Social Sciences” 2019, nr 43(1), p. 275–291.

<sup>10</sup> P.G. Zimbardo, R. Sword, R. Sword, *The Time Cure: Overcoming PTSD with the New Psychology of Time Perspective Therapy*, John Wiley & Sons, 2012.

<sup>11</sup> R. Sparks, A. Bottoms, W. Hay, *Prisons and the problem of order*, Clarendon Press 1996, p. 350.

<sup>12</sup> B. Gulla, K. Tucholska, M. Wysocka-Pleczyk, *Individual time perspective...*, p. 47.

of the inmates; it is important that they learn to constructively use past events and learn from them for their future behavior.

„Prisoners of the now” are those who focus particularly on prison reality, mainly on nuisance of imprisonment. They experience mostly negative emotions related to their situation: anger, boredom, fear. According to the authors, this fatalistic attitude towards the present can be overcome by showing the inmates that in any life situation it is possible to differentiate between important elements (e.g., universal values) and less important ones.

The term „prisoners of the future” refers to two groups of people. Firstly, prisoners of the future are those who have hopeful plans for the future or escape into dreams of what they will do when they are free. The attitude of the representatives of the second group of prisoners can be described as a negative orientation towards the future. They mainly feel anxiety and uncertainty about the future. Social rehabilitation with „prisoners oriented towards the negative future” should involve teaching them reasonable planning based on available resources. The realization of goals outside prison should be prepared, as far as possible, while serving a sentence: this can be done, for instance, by completing their education, acquiring professional qualifications, developing social skills and improving relationships with loved ones.

## Proactivity vs Reactivity

Researchers of the prison community created numerous concepts and typologies of adaptation styles understood as a reaction to nuisance and challenges of the prison environment<sup>13</sup>. Nonetheless, it should be noted that, when it comes to temporal aspects, these models focus primarily on the „here and now”, that is, on the current situation of imprisonment, referring only to the inmate’s adaptation to the current environment. However, in self-regulation of behavior, the temporal aspect is

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<sup>13</sup> D. Clemmer, *The prison community*, Christopher Publishing House, Boston 1940; S. Cohen, L. Taylor, *Psychological survival*, Penguin Books, Moddlessex 1972; B. Crewe, *Power, adaptation and resistance in a late-modern men’s prison*, „British Journal of Criminology” 2007, nr 47(3), p. 256–276; B. Crewe, *The prisoner society...*; I. Goffman, *Asylums: Essays on the social situation of mental patient and other inmates*, Anchor Books 1961; R. King, K. W. Elliot, *Albany: The birth of a prison – end of an era?* Routledge & Kegan Paul 1977; G.M. Sykes, D. Matza, *Techniques of Neutralization: A Theory of Delinquency*, „American Sociological Review” 1957, nr 22, p. 664–670.

emphasized more often – especially in dealing with difficult situations. It is highlighted that coping involves not only dealing with the current situation or past experiences, but also the anticipated future may be a source of stress and may influence the current activity<sup>14</sup>.

Engaging in various types of activity while serving a sentence becomes a way of dealing with imprisonment - „filling in time” (dealing with boredom) or „using time” (in order to develop themselves, achieve goals and values<sup>15</sup>). As noted by Schwarzer and Taubert<sup>16</sup>, when analyzing the undertaken activity in terms of remedial actions, the role of two factors should be emphasized: time perspective (past, present, future) and subjective certainty as to the occurrence of upcoming events. Generally speaking, in the context of coping, two different groups of strategies undertaken by an individual can be distinguished as two different regulatory strategies: reactive and proactive. The group of reactive strategies would include both those that focus on dealing with the current or past situation, but also preventive coping (where the time perspective is longer, the probability of occurrence is lower, and thus the goal of the undertaken behavior is less specific) and anticipatory coping (when a stressful event is in the near future and there is a high probability of its occurrence), distinguished by Beehr and McGrath<sup>17</sup>. According to Schwarzer and Taubert<sup>18</sup>, even preventive or anticipatory coping, although it refers to a situation that is yet to come, is a form of an individual’s reactive response, as they expect a given event to occur with greater or lesser probability.

The proactive coping<sup>19</sup> belongs to the second group of strategies. It does not touch upon experienced or imagined harm or loss, but is directed to the future, however, in a specific way. This type of coping may be considered as a set of efforts to build the overall resources of the individual to achieve goals and personal growth. Any events that may

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<sup>14</sup> L.G. Aspinwall, S.E. Taylor, *A stitch in time: Self-regulation and proactive coping*, „Psychological Bulletin” 1997, nr 121(3), p. 417–436; R. Schwarzer, S. Taubert, *Tenacious goal pursuits and striving toward personal growth: Proactive coping* [in:] *Beyond coping: Meeting goals, visions, and challenges* ed. E. Frydenberg, Oxford University Press, Oxford 2002, p. 19–35; Z. Zaleski, *Future anxiety: Concept, measurement, and preliminary research*, „Personality and Individual Differences” 1996, nr 21(2), p. 165–174.

<sup>15</sup> M.K. Dhami, P. Ayton, G. Loewenstein, *Adaptation to imprisonment: Indigenous or imported?*, „Criminal Justice and Behavior” 2007, nr 34(8), p. 1085–1100.

<sup>16</sup> R. Schwarzer, & S. Taubert, *Tenacious goal pursuits...*

<sup>17</sup> T.A. Beehr, J.E. McGrath, *The methodology of research on coping: Conceptual, strategic, and operational-level issues* [in:] *Handbook of coping: Theory, research, applications*, ed. M. Zeidner N.S. Endler, John Wiley & Sons 1996, p. 65–82.

<sup>18</sup> R. Schwarzer, & S. Taubert, *Tenacious goal pursuits...*

<sup>19</sup> L. G. Aspinwall, & S. E. Taylor, *A stitch in time...*



occur in the future are not of a specific nature and are not perceived as potential harm or loss – they are rather perceived as likely to challenge an individual. Proactive behavior also means taking the initiative to improve the existing conditions and treating the current situation as a challenge, instead of trying to passively adapt to it. Thus, coping ceases to be a form of risk management and becomes challenge management<sup>20</sup>.

In the context of imprisonment, actions undertaken by inmates may therefore have a nature of a reactive struggle with their own life situation, as well as of proactive acts – looking into the future, building resources and self-development. The proactive aspect of the prisoners' functioning is expressed in the fact that they undertake unforced actions, on their own initiative, which help to achieve constructive goals that are distant in time<sup>21</sup>. It is important that, in this case, we can speak not of adaptation to life within a total institution, but of activity that is planned in terms of achieving success after being released from prison. An indispensable element of such actions is cognitive examination of the current situation: the inmate's analysis of their strengths and weaknesses, family situation, professional qualifications, possible addictions and broadly understood social capital. In this context, competences for planning are useful, including the ability to realistically choose goals and means to achieve them. At the same time, for a proactively oriented inmate, coping with the stress of imprisonment does not rely only on ad hoc regulation of the emotional state (e.g., with psychoactive substances or other forms of avoidance), but on more mature strategies focused on the long-term results that they are trying to achieve. Another expression of a proactive attitude is the prisoner's willingness to accept the help offered by the staff of the institution in which he is located, participation in rehabilitation, therapeutic and professional activation programs, as well as taking up study and work. From the point of view of the effectiveness of social rehabilitation, an important condition underlying the proactivity of prisoners is the recognition of their guilt and the sentence imposed, as well

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<sup>20</sup> J. M. Crant, *Proactive behavior in organizations*, „Journal of Management” 2000, nr 26(3), p. 435–462; S.K. Parker, H.M. Williams, N. Turner, *Modeling the antecedents of proactive behavior at work*, „Journal of Applied Psychology” 2006, nr 91(3), p. 636–652.

<sup>21</sup> B. Kwiatkowski, *Dalsza walidacja Skali Proaktywności w Izolacji Więziennej (SPIW15)*, „Czasopismo Psychologiczne” 2015, nr 21, p. 239–251; B. Kwiatkowski, *Proaktywne konstruowanie przyszłości w izolacji więziennej*, „Przegląd Więziennictwa Polskiego” 2016, nr 93, p. 43–60; M. Wysocka-Pleczyk, K. Tucholska, *Proaktywność osadzonych a ich nadzieja na sukces i lęk przed przyszłością*, „Czasopismo Psychologiczne” 2018, nr 24(2), p. 373–380.



as the willingness to make amends for the harm caused to the victims<sup>22</sup> and to make a decision to give up crime. As can be seen, adopting the proactive attitude by prisoners is inherently related to the psychological specificity of how they experience time, including the configuration of their personal time perspectives.

On the basis of the literature review carried out above, we assume that certain specific activity types undertaken by inmates during serving their sentence can be distinguished. These activities are of mental and behavioral nature, they fulfil various functions and serve different purposes. They arrange themselves in clusters that characterize the inmates and are related to their way of experiencing time. Therefore, the following research questions were formulated:

1. What are the main activity styles of male prisoners?
2. How are the inmates' activity styles related to their time perspectives?
3. How are inmates' activity styles related to their sociodemographic characteristics and level of depressiveness?

Measurement of inmates' behavioral and mental activities and time perspectives will be carried out using questionnaire methods with good indicators of relevance and reliability. Information on inmates and their situation will be collected by semi-structured interview method with estimation scales. In addition, the study will control for depression (as a tendency that has a particular impact on activity levels and time experience) and the need for social approval (due to the use of self-report methods in the study). Activity styles will be captured in the course of cluster analysis conducted on factor scales of inmates' activity measures. Comparisons will be made between clusters in terms of the level of psychological variables (time perspectives, depressiveness, need for social approval) and sociodemographic variables.

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<sup>22</sup> D. Weimann-Saks, I. Peleg-Koriat, *Promoting inmates' positive attitudes toward participating in a restorative justice process: The effects of a victim awareness process*, „The Prison Journal” 2020, nr 100(3), p. 381–198.

## Material and Method

### Participants

The data obtained from 140 male prisoners aged 24–55 who stayed in prisons in Nowy Sącz, Nowy Wiśnicz, Tarnów, Trzebinia and Jasło (southern Poland) were analyzed. The mean age is  $M = 34.8$  years ( $SD = 7.16$ ). Recidivists accounted for 62% of the respondents. The average length of a sentence served is approximately six years of imprisonment. The selection for the group of respondents took into account the following criteria: 1) age (up to 55 years of age), 2) length of the sentence (from 3 to 15 years), 3) serving a sentence for at least six months, 4) time to the end of the sentence – not shorter than 1.5 years. The study group did not include foreigners, inmates staying in therapeutic wards and dangerous offenders.

### Procedure

The collection of data was carried out as part of a larger research project. The study was conducted individually by three psychologists with clinical and penitentiary experience, not employed in prisons. It was held from March 2019 to March 2020. The research was prematurely terminated due to the SARS-CoV-2 pandemic.

In the first stage, potential respondents were qualified on the basis of the aforementioned criteria. An inmate invited to participate in the research were acquainted with the purpose and procedure of the research (by presenting this information orally and in writing), ensuring that the information provided was voluntary and confidential. After answering any possible questions asked by the respondent, those who wanted to participate in the research signed consent forms and information forms on the method of processing and protecting the data obtained from them. The study was conducted individually, in conditions that ensure comfort and confidentiality.

The study consisted of a short, semi-structured interview supplemented with the rating scales technique, during which the inmates were asked, among others, for sociodemographic data, situational conditions of serving the sentence and about experiencing the time of imprisonment. The interview included several parts, which were separated by completing

tasks and questionnaires that measure mental and behavioral activity of the inmates, as well as time perspectives, and allow to control the level of depression and the need for social approval. The purpose of this method was to counteract the experience of monotony and decrease in the involvement of the respondents. The duration of the study was approximately 60 minutes. The research procedure was approved by the local research ethics committee.

## Measures

*Inmate Activity Questionnaire* (IAQ), developed by Tucholska et al.<sup>23</sup>. It consists of 30 statements which measures the level and type of mental activity in its various aspects. Each of the statements is rated by the respondent on a 5-point Likert scale from „definitely no” to „definitely yes” (with the middle position „difficult to say”). The questionnaire has a three-factor structure. Ruminating and worrying scale measures the tendency to persistently return to the past or worry about the future, and therefore experiencing fear and anxiety, anger, frustration regarding both the current prison situation, as well as the past and the future after leaving prison. The factor is characterized by a satisfactory internal consistency ( $\alpha = .745$ ). Planning scale measures thinking about and planning the future outside prison, and hoping that the inmate will not return to prison after being released. This factor is characterized by acceptable reliability ( $\alpha = .677$ ). Fantasizing scale includes items whose content concerns escaping into dreams, fantasies, sleep or recalling pleasant experiences from the past. Reliability of the scale is acceptable ( $\alpha = .655$ ).

*Activity Sheet* (AS), developed by Tucholska et al.<sup>24</sup> includes 18 different activities that inmates can perform while being imprisoned. The respondents are asked to specify the activities they perform while in prison. To evaluate the activity, a scale from 0 to 3 was used, where 0 means no activity, 3 – that the activity is performed frequently. Using AS, one can obtain information both about the general level of the inmate’s activity (the overall activity index of the inmate is calculated by summing up the points in all items; the reliability of this measure is  $\alpha = .695$ ), about

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<sup>23</sup> K.Tucholska, M. Wysocka-Pleczyk, B. Gulla, P. Piotrowski, S. Florek, M. Sekulak, K. Głomb, *Survey tools on activity in prison: Inmate Activity Questionnaire and Activity Sheet*, „Anuario de Psicología Juridica” (in print).

<sup>24</sup> Ibidem.

what specific activities they undertake while being imprisoned and about somewhat of a strategy which dominates among the undertaken activities – this is the information that we get by calculating the results on factor scales. Comfort scale includes activities as: remembering, meditating, fantasizing, praying, taking up small activities of daily life (e.g., washing). A high score on this factor scale shows a tendency to distract attention from the current prison situation, drowning out the „pain of imprisonment” by focusing on small activities, praying or fantasizing, as well as thinking ahead (rather dreaming than planning). Activities grouped under this factor take the form of passive coping with the situation of imprisonment. They express a desire to obtain ad hoc comfort through time management. This factor is characterized by acceptable reliability ( $\alpha = .738$ ). Competence scale includes reading, learning, studying one’s legal situation. It demonstrates focus on improving the current situation through the use of legal means and on finding the best way possible after leaving prison. The activities distinguished within this factor serve to actively cope with the current situation and require greater intellectual involvement from the inmate. Reliability of the scale is acceptable ( $\alpha = .607$ ).

*Polish Short Zimbardo’s Time Perspective Inventory* (PS-ZTPI) developed by Przepiórka, Sobol-Kwapińska, and Jankowski<sup>25</sup> consists of 20 items. The respondents indicate on a 5-point Likert scale to what extent a statement applies to them. The PS-ZTPI includes four factors: (1) Past Negative (PN) – a generally aversive view of the past; (2) Present Hedonistic (PH) – reflects focus on enjoyment and a pleasure-centered, risk-taking attitude towards time and life. The (3) Future (F) scale measures general future orientation, planning for and achievement of future goals, often at the expense of present enjoyment, delaying gratification, and avoiding time-wasting temptations. The (4) Past Positive (PP) reflects a warm, sentimental, positive attitude towards the past. Focusing on family, traditions, continuity of self over time. For the whole PS ZTPI scale, the reliability coefficient (omega) is high, .92. For particular scales, reliability coefficients are: .94 for PH, .87 for PP, .88 for F and .83 for the PN.

*The Hospital Anxiety and Depression Scale* (HADS), originally developed by Zigmond and Snaith<sup>26</sup> is a widely used, short, 14-item self-report

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<sup>25</sup> A. Przepiórka, M. Sobol-Kwapinska, T. Jankowski, *A Polish short version of the Zimbardo Time Perspective Inventory*, „Personality and Individual Differences” 2016, nr 101, p. 78–89.

<sup>26</sup> A.S. Zigmond, R.P. Snaith, *The hospital anxiety and depression scale*, „Acta Psychiatrica Scandinavica” 1983, nr 67(6), p. 361–370.

measure of both anxiety and depression, each with a 4-point Likert-type response format. It is a scale designed for both inpatient and outpatient testing or screening in healthy populations<sup>27</sup>. In the study, only the Depression scale was used. The study by Czerwiński and colleagues<sup>28</sup> corroborates good psychometric properties of the Polish version of HADS. Cronbach's *alpha* reliability coefficient for Depression scale is .74.

*Marlowe-Crowne Social Desirability Scale*, short form C (MC-C), is a 13-item scale proposed by Reynolds<sup>29</sup> that provides a measure of a person's tendency to distort self-presentation towards a socially desirable bias (dissimulation). MC-C mean score is 7.61 in forensic groups<sup>30</sup>. Internal consistency estimate is .76.

By means of a 5-point *rating scale*, during a short interview, the participants reported on, among others, (1) whether they stay in contact with their family and friends while in prison, and if so, how they assess the frequency of such contacts (from 1 – „no contact” to 5 – „constant contact”); (2) whether they consider the contacts to be sufficient (1 – „definitely no”, 5 – „definitely yes”); (3) whether their get support from their close ones (1 – „no support”, 5 – „strong support”). As a result, a handful of individual self-report markers of situational conditions of serving the sentence were obtained.

## Results

Determining the inmates' activity profiles, measured with the IAQ and AS factor scales, was performed with the use of k-means cluster analysis. As the variety of the measurement scales may affect the results of the analyses conducted with the method based on the calculation of the Euclidean distance, the indicators were previously standardized. Final distances between cluster centers (Table 1) suggest that clusters I and III

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<sup>27</sup> B. Łoza, *Jak zmierzyć równocześnie lęk i depresję? Szpitalna Skala Lęku i Depresji*, „Wiadomości Psychiatryczne” 2011, nr 14(4), p. 225–230.

<sup>28</sup> S.K. Czerwiński, J.J. Mackiewicz, W.M. Mytlewska, P.A. Atroszko, *Factorial validity, measurement invariance and concurrent validity of Hospital Anxiety and Depression Scale in a sample of Polish undergraduate students*, „Psychiatria i Psychologia Kliniczna, nr 20(1), p. 13–18.

<sup>29</sup> W.M. Reynolds, *Development of reliable and valid short forms of the Marlowe-Crowne Social Desirability Scale*, „Journal of Clinical Psychology” 1982, nr 38(1), p. 119–125.

<sup>30</sup> P. Andrews, R.G. Meyer, *Marlowe-Crowne Social Desirability Scale and short Form C: Forensic norms*, „Journal of Clinical Psychology” 2003, 59(4), p. 483–492.

were the most different from each other, clusters II and III are slightly closer to each other, and clusters I and II seem to be the most similar.

Table 1. The distances between final cluster centers

Cluster	I	II	III
I	--		
II	2.12	--	
III	2.71	2.36	--

These clusters can be defined as three separate styles (types) of activity during imprisonment (see: Table 2, Figure 1). They are: I passiveness (cognitive and emotional); II purpose-oriented activity (mainly cognitive) and III imaginary-oriented activity (mainly emotional).

Cluster I consists of persons ( $n = 40$ ) with an average level of ruminating and worrying, a lowered level of fantasizing, and activity aimed at gaining ad hoc comfort, and a significantly lower level of planning and purpose-oriented activity aimed at developing competences.

Persons included in cluster II ( $n = 50$ ) are characterized by a low level of ruminating and worrying and a relatively low level of fantasizing and ad hoc activity, as well as an increased level of planning and purpose-oriented activity aimed at developing competences.

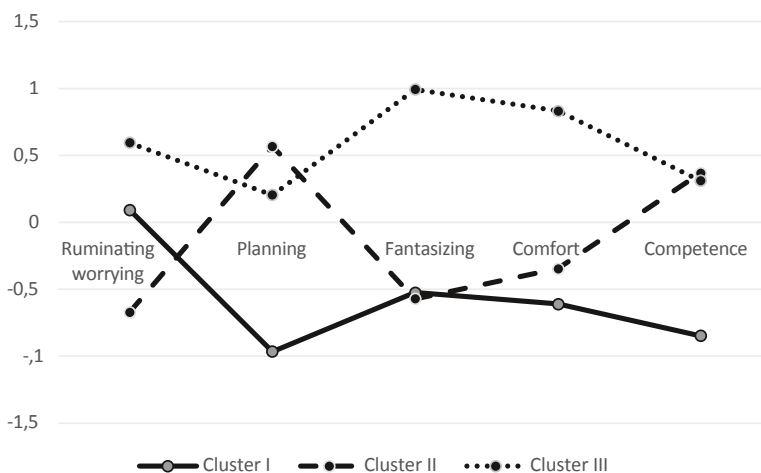
Table 2. The comparison of clusters in terms of the intensity of particular activity factors

Cluster	I ( $n = 40$ )		II ( $n = 50$ )		III ( $n = 50$ )		$F(2)$	$p$	$\eta^2$	Post-hoc
	$M$	$SD$	$M$	$SD$	$M$	$SD$				
Ruminations and worrying (IAQ)	2.84	0.63	2.18	0.75	3.28	0.80	28.17	< .001	0.291	I < III; II < I; II < III
Planning (IAQ)	3.24	0.67	4.40	0.47	4.13	0.62	45.52	< .001	0.399	I < II; I < III; III < II
Fantasizing (IAQ)	2.93	0.52	2.89	0.57	4.16	0.55	84.00	< .001	0.551	I < III; II < III;
Comfort (AS)	1.32	0.46	1.48	0.42	2.17	0.50	45.44	< .001	0.399	I < III; II < III
Competences (AS)	0.73	0.44	1.69	0.66	1.65	0.82	43.60	< .001	0.290	I < II; I < III

Cluster III was made up of persons ( $n = 50$ ) with an average level of planning, an increased level of ruminating and worrying as well as activity aimed at developing competences, and the highest level of fantasizing and ad hoc activity.

Based on the results of the analysis of variance, it can be concluded that the main role in creating the clusters is attributed to Fantasizing [ $F(2, 137) = 84.00; p < .001$ ]; Planning [ $F(2, 137) = 45.52; p < .001$ ], Comfort [ $F(2, 137) = 45.44; p < .001$ ] and Competences [ $F(2, 90.14) = 43.60; p < .001$ ] had lower impact, while the lowest influence was attributed to Ruminating and worrying [ $F(2, 137) = 28.17; p < .001$ ]. The obtained clusters differ in a statistically significant way, in terms of the intensity of all indicators of mental and behavioral activity. The intensity of ruminating and worrying is statistically significantly higher within cluster III as compared to clusters I and II, while, at the same time, cluster I was characterized by a significantly higher level of activity than cluster II. The activity of inmates considered as planning had significantly higher values for cluster II in relation to groups I and III, while in the case of cluster I, the activity was also significantly lower than in the case of cluster III. Considering the activity included in the Fantasizing and Comfort scales, significantly higher values were observed for cluster III than for cluster I and II, whereas the Competence factor for cluster I was at a significantly lower level compared to the other clusters (see: Figure 1).

Figure 1. Inmate activity clusters (N = 140).





As the next step, in order to answer the question if the persons with different activity profiles differ in terms of personality-temporal indexes and situational conditions of serving a sentence, intergroup comparisons were carried out using the Kruskal-Wallis  $H$  test (see: Table 3).

Table 3. Inmate activity styles correlated with temporal perspectives, depression, and need for social approval

	I ( <i>n</i> = 40)		II ( <i>n</i> = 50)		III ( <i>n</i> = 50)		<i>H</i> (2)	<i>p</i>	$\epsilon^2$	<i>Post-hoc</i>
	<i>Mdn</i>	<i>Mrang</i>	<i>Mdn</i>	<i>Mrang</i>	<i>Mdn</i>	<i>Mrang</i>				
Past Negative	17.00	60.45	15.50	54.27	20.00	94.77	28.58	< .001	0.206	I < III; II < III
Present Hedonistic	15.50	77.59	12.50	48.70	17.00	86.63	23.73	< .001	0.171	II < I; II < III
Future	20.00	58.21	21.00	74.81	21.50	76.02	5.23	.073	0.038	ns
Past Positive	18.00	54.41	19.50	68.88	21.00	84.99	12.87	.002	0.093	I < III
Depression	4.00	80.09	2.50	60.00	3.00	73.33	5.94	.051	0.043	II < I
Social desirability	9.00	69.89	9.00	73.65	8.00	67.84	0.53	.766	0.004	ns

The results of the analyses showed that the subjects which represents activity type III (imaginary-oriented activity) are characterized by a significantly higher level of the Past Negative (PN) time perspective compared to the other groups, while the persons with type II (purpose-oriented activity) obtained a lower level of the Present Hedonistic time perspective index than the persons with other styles of activity (I and III). In the case of the Positive Past (PP) time perspective, the persons with type I activity (passiveness) profile obtained a lower intensity of the discussed perspective compared to the persons with type III activity profile (imaginary-oriented activity).

The analyses comparing particular styles of inmates' activity in terms of the situational conditions of serving a sentence showed that the type I activity (passiveness) concerned significantly younger persons compared to the persons with the type III activity (imaginary-oriented activity). Moreover, the persons with type I activity (passiveness) had significantly longer time left to apply for parole compared to the inmates with type II activity (purpose-oriented activity). Also, the persons with

type I activity (passiveness) had significantly lower support received from relatives compared to the inmates with type III activity (imaginary-oriented activity; see: Table 4).

Table 4. Inmate activity styles compared in terms of sociodemographic variables and situational conditions of serving a sentence

	I (n = 40)		II (n = 50)		III (n = 50)		H(2)	p	ε2	Post-hoc
	Mdn	Mrang	Mdn	Mrang	Mdn	Mrang				
Age (years)	32	58.85	34	69.80	36	80.52	6.38	.041	0.046	I < III
Number of children	1	63.93	1	70.30	1	75.96	2.17	.338	0.016	ns
Sentence length (months)	57	55.77	73	67.56	57	58.70	2.47	.291	0.021	ns
Length of the time spent in prison for the current sentence (months)	24	56.99	29	69.57	21	55.70	4.01	.135	0.033	ns
Prison time remaining	31	58.70	36	62.66	32	61.21	0.25	.883	0.002	ns
Time left to apply for parole (months)	11	68.41	5	50.33	8	65.64	6.35	.042	0.053	I > II
Frequency of contacts	5.00	67.31	5.00	70.95	5.00	71.22	0.45	.797	0.003	ns
Adequacy of contacts	3.00	69.75	2.50	68.24	3.00	72.00	0.23	.892	0.002	ns
Support from loved ones	5.00	61.03	5.00	69.74	5.00	77.59	6.58	.037	0.048	I < III

## Discussion

The study presented above made it possible to distinguish three different activity styles manifested by men while serving a prison sentence. They were defined as passiveness (I), purpose-oriented activity (II) and imaginary-oriented activity (III). These activity types are linked to the prisoners' time perspectives. From the point of view of rehabilitation, only group II (purpose-oriented), whose time perspective took the present hedonistic perspective into account least, can be defined as proactive,

planning, taking actions for the development of competences, which might be useful in the future. In conditions of imprisonment, such an attitude requires patience, self-confidence and determination in pursuing goals that, after all, are distant and can be achieved only outside prison.

Prisoners who may be called „ad hoc hedonists” are on the other end of the continuum. They care more about „doing the time” or „killing the time”. Activities they undertake are primarily related to reactive coping with the situation. At the same time, because they cannot control and make optimal use of the time spent in prison, they consider it to be wasted, which is confirmed by the data from the interviews conducted during the research. It seems as if the prisoners representing type I had a kind of „frozen present”, which causes their passiveness, and their main activity revolves around ruminating and worrying, while the prisoners of type III escape from the present into fantasies and activities that distract them and give them comfort.

A high level of present hedonism can be expressed through various characteristics and behaviors. Most broadly, it means anchoring in the present and seeking pleasant sensations and avoiding discomfort. Persons with this orientation are focused on quick satisfaction of needs, which results in achieving the assumed results (e.g., increasing resources) and feeling positive emotions as a result<sup>31</sup>. If present hedonism dominates in the temporal profile, it is often associated with an increased tendency to take risks and seek stimulation, which increases the likelihood of improper eating habits and addiction formation<sup>32</sup>. A high level of the tendency to present hedonism is observed especially in young persons, mainly men<sup>33</sup>, which is significant because the majority of criminals also come from this group.

A fairly obvious result was achieved in terms of the level of depression: the persons belonging to cluster I (passiveness) obtained a higher result than the prisoners belonging to cluster II (purpose-oriented activity).

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<sup>31</sup> I.M. Ohlsson, J.L. Ireland, *Aggression and offence motivation in prisoners: exploring the components of motivation in an adult male sample*. „Aggressive Behavior” 2011, nr 37(3), p. 278–88; S. Reiss, *Multifaceted nature of intrinsic motivation: The theory of 16 basic desires*, „Review of General Psychology” 2004, nr 8(3), p. 179–193.

<sup>32</sup> K.A. Keough, P.G. Zimbardo, J.N. Boyd, *Who’s smoking, drinking, and using drugs? Time perspective as a predictor of substance use*, „Basic and Applied Social Psychology” 1999, nr 21(2), p. 149–164; P.G. Zimbardo, N.D. Coloumbe, *Man, interrupted: Why young men are struggling & what we can do about it*, Red Wheel/Weiser 2016.

<sup>33</sup> M. Sobol-Kwapińska, A. Przepiórka, P.G. & Zimbardo, *The structure of time perspective: Age-related differences in Poland*, „Time & Society” 2019, nr 28(1), p. 5–32.

A low level of vital activity is one of the main symptoms of depression; it may worsen the mood and generally understood quality of life of the inmates. Setting goals and achieving them, on the other hand, allow - at least partially - to regain control over life during imprisonment, and thus testify to a higher level of self-regulatory competences.

However, it should be noted that some of the results obtained are not clear and indicate the need for further research and deeper analyses. It would seem that type II (purpose purpose-oriented activity) gathers inmates with the most proactive life orientation, so one might expect that they would get the highest score on the Future scale. After all, the essence of future time perspective is setting and specifying goals and motivating an individual to act<sup>34</sup>. Nonetheless, there are no differences in this regard between the clusters. This may indicate that although the activity related to planning, reading or learning seems to indicate a proactive orientation, it may be an ad hoc way of dealing with a situation of imprisonment when it is not strengthened by personality factors and institutional help, and is not targeted at building resources and strengthening resilience for the future. Similar results were obtained by Vaičiūnienė<sup>35</sup> when analyzing the activity of Lithuanian prisoners - although about 60% of the inmates participated in various educational activities, a deeper analysis showed that it was related rather to short-term conditions and goals – involvement in the educational process in a casual way, only to diversify their everyday life, meet other inmates, increase their chances of parole. However, this was not related to deliberate and systematic career planning, which would be an expression of proactive functioning.

On the other hand, as emphasized by Lens et al.<sup>36</sup> and Carvalho et al.<sup>37</sup>, the goals we set for ourselves can be analyzed from the perspective of their content and distance in time. The authors distinguish a short future time perspective (present in people who set themselves goals that are close in time and are not interested in a more distant future) and

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<sup>34</sup> J. de Bilde, M. Vansteenkiste, W. Lens, *Understanding the association between future time perspective and self-regulated learning through the lens of self-determination theory*, „Learning and Instruction” 2011, nr 21(3), p. 332–344.

<sup>35</sup> R. Vaičiūnienė, *Killing time in prison: Purposeful activities and spare time in Lithuanian correctional facilities*, „The Journal of Power Institutions in Post-Soviet Societies” 2018, nr 19.

<sup>36</sup> W. Lens, M.P. Paixão, D. Herrera, A. Grobler, *Future time perspective as a motivational variable: content and extension of future goals affect the quantity and quality of motivation*, „Japanese Psychological Research” 2012, nr 54(3), p. 321–333.

<sup>37</sup> R.G. Carvalho, R. Capelo, D. Nuñez, *Perspectives concerning the future when time is suspended: Analysing inmates' discourse*, „Time & Society” 2018, nr 27(3), p. 295–311.

a long future time perspective (related to the ability to perceive their life in a longer time horizon, set more distant goals and maintain a high level of motivation to act). While in most people the motivational value of the goal they want to achieve decreases with the time that separates them from achieving the desired result<sup>38</sup>, in individuals characterized by the long future time perspective, the motivation to act remains at a satisfactory level and stimulates the implementation of the plan. Besides, it is worth considering the importance of utility value of future goals. According to Eccles and Wigfield<sup>39</sup>, utility value concerns the perception of the extent to which the performance of a given activity or task brings an individual closer to achieving present or future goals. Persons with a higher level of self-regulatory abilities are able to, not only, set distant goals, for example regarding getting a job after being released from prison, but, above all, they can recognize to what extent even unpopular or boring tasks in the present can bring them closer to achieving an important result in the future.

It may be assumed that the proactive orientation of prisoners is expressed not in a generally higher level of future time perspective, but in such a positive approach to current tasks, the ability to overcome obstacles, keeping the most important goals „within sight” and maintaining a high level of motivation to achieve them, as is called persistence<sup>40</sup>. The goals that most often and most effectively seem to motivate prisoners to positive, pro-social activities include rebuilding ties with relatives, taking up employment, stabilizing housing situation and engaging in the upbringing of their own children<sup>41</sup>.

The results of our research seems to be important in terms of increasing the effectiveness of rehabilitation programs. If we recognize that self-regulatory competences can change over time, they can also

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<sup>38</sup> H. Rachlin, *Self-control: Beyond commitment*, „Behavioral and Brain Sciences” 1995, nr 18(1), p. 109–159.

<sup>39</sup> J.S. Eccles, A. Wigfield, *Motivational beliefs, values, and goals*, „Annual Review of Psychology” 2002, nr 53, p. 109–132.

<sup>40</sup> R.G. Carvalho, R.F. Novo, *Personality traits, future time perspective and adaptive behaviour in adolescence*, „Spanish Journal of Psychology” 2015, nr 18, p. E19.

<sup>41</sup> R.G. Carvalho, R. Capelo, D. Nuñez, *Perspectives concerning the future...*; P.C. Giordano, R.D. Schroeder, S. Cernkovich, *Emotions and crime over the life course: A neo-meadian perspective on criminal continuity and change*, „The American Journal of Sociology” 2007, nr 112(6), p. 1603–1661; C. A. Visher, & D. J. O’Connell, *Incarceration and inmates’ self-perceptions about returning home*, „Journal of Criminal Justice” 2012, nr 40(5), p. 386–393.

be shaped<sup>42</sup>. However, the interventions taken should take into account (to a greater extent) the temporal profiles of inmates. With regard to the results of the presented research, those who are already undertaking planning activities have the best prospects for success. Persons who are passive or escape into dreams and fantasies require more support. The activities should be strengthened by providing an appropriate institutional offer, so that they take realistic and proactive actions into account, increasing the resources of the individual and giving them meaning.

### Limitations and future research

The study presented above has its limitations. Firstly, the studied group of inmates is relatively small, and only men participated in the research. It would be interesting to examine the specificity of the activity and time perspectives of imprisoned women. In addition, the study used only self-report research methods and is cross-sectional, so it allows to capture selected parameters of the functioning embedded in a specific, small segment of time. It can be assumed that both the activity profiles and the time perspective have their own dynamics and may be related, for example, to the stage of serving a sentence of imprisonment. These doubts could be resolved by conducting longitudinal studies. In conclusion, such psychological constructs as (pro)activity and temporal perspectives show interesting directions both for future research and penitentiary social rehabilitation programs.

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<sup>42</sup> E. Billen, C. Garofalo, J.K. Vermunt, S. Bogaerts, *Trajectories of self-control in a forensic psychiatric sample. Stability and association with psychopathology, criminal history, and recidivism*, „Criminal Justice and Behavior” 2019, nr 46(9), p. 1255–1275; M. Hosseini, M. Arefi, I. Sajjadian, *Effectiveness of time-perspective training on time-balancing and self-regulation among female students*, „International Journal of Behavioural Sciences” 2019, nr 13(3), p. 118–122.

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