



The effect of intolerance of uncertainty and time perspective on goal motivation

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AIM

Intolerance of uncertainty - the tendency to react negatively on an emotional, cognitive and behavioral level to uncertain situations (Dugas, Buhr, & Ladouceur, 2004). Individuals with higher levels tend to see uncertainty as negative and as something that should be avoided. Intolerance of uncertainty has been found to be mostly related to negative emotional and behavioural outcomes, including goal-achievement (Doğanülkü, 2022).

Time perspective – the manner in which individuals... partition the flow of human experience into distinct temporal categories of past, present and future (Zimbardo et al., 1997)

Goal motivation aspects – motivational aspects of the pursued goal

There have been few studies looking at the relationship of intolerance of uncertainty with time perspective (e.g., Hromova, 2021) and goal achievement and there is a lack of research examining the complex associations of these three constructs. The current study aims to focus on the **relationships** between them and on the possible role of **time perspective as a mediator** of the effect of intolerance of uncertainty on the motivational characteristics of goals – self-efficacy, commitment, controlled and autonomous motivation.

METHODS

Sample

276 adults (age 18-65, mean age = 39.0, SD = 16.1; 63% female)

Variables

Current long-time life goal - any domain
Goal-related self-efficacy, commitment, controlled and autonomous motivation.

Intolerance of Uncertainty Scale – Short Form (Carleton et al., 2007)

Zimbardo **Time Perspective Inventory** – Short (Košťál et al., 2015) (positive and negative past and future, hedonistic and fatalistic present)

Statistical analysis

Correlations, mediation analysis

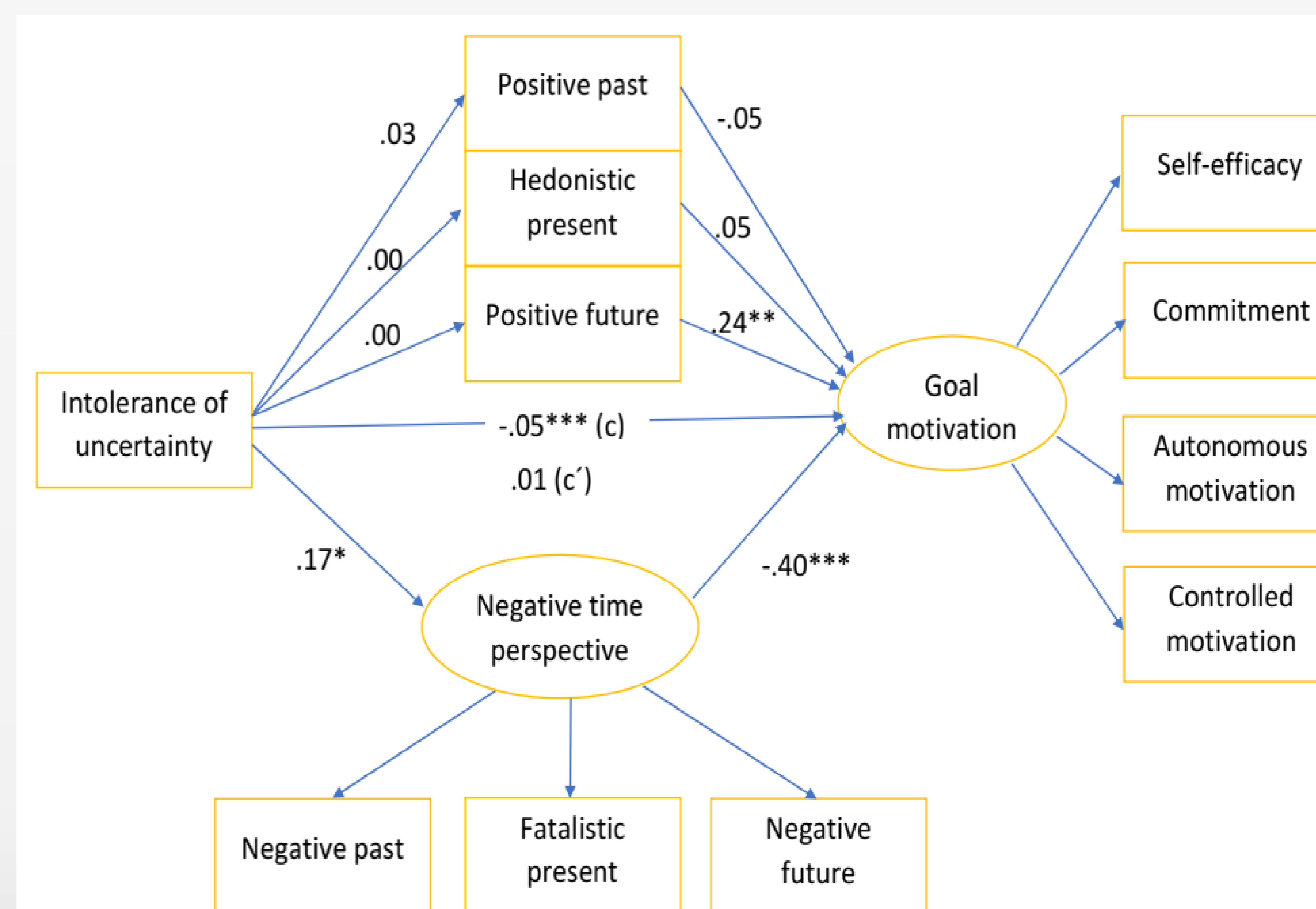
RESULTS 1 - CORRELATIONS

	1	2	3	4	5	6	7	8	9	10
1 IoU	—									
2 TP – posit. past.	.12	—								
3 TP – negat. past.	.53	.11	—							
4 TP-hed. present	.00	.16	.16	—						
5 TP-fat. present	.46	.13	.56	.15	—					
6 TP – posit. future	.01	.22	-.14	-.14	-.16	—				
7 TP – negat. future	.54	.07	.69	.14	.61	-.27	—			
8 Self-efficacy	-.11	-.01	-.15	.16	-.09	.14	-.26	—		
9 Commitment	-.14	.01	-.15	.11	-.22	.21	-.24	.33	—	
10 Contr. motivation	-.16	-.10	-.07	.00	-.19	-.01	-.07	-.03	.12	—
11 Aut.motivation	-.22	.05	-.24	.00	-.26	.21	-.38	.30	.37	.00

RESULTS 2 - MEDIATION

Negative time perspective as latent variable mediates the effect of intolerance of uncertainty on goal motivation

Three „positive“ time perspectives as mediators separately due to the weak interrelations – no mediation



CONCLUSIONS

The position of intolerance of uncertainty as a negative correlate of life outcomes has been supported by its associations with negative time perspectives and negative relationships with the motivational aspects of goal pursuit. Additionally, negative time perspectives mediate the relationships of intolerance of uncertainty with the motivational aspects. The results highlight the complex role of intolerance of uncertainty and time perspective in the goal attainment process and indicate that the possibility to change attitudes to uncertainty and time can have a positive effect on goal achievement.

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