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## Self-determination among inmates serving prison sentences in selected systems: the role of temporal orientation and self-control skills

**Abstract:** The aim of the study was to examine how convicts' self-determination – the sense of directing one's own actions and taking responsibility for them – is influenced by the system of serving the sentence (the programmed intervention system and the regular system), the ability to self-control and the temporal orientation. A correlational study was conducted (N=91; plain system N=54; programmed intervention system N=37). Emmons' Personal Strivings Questionnaire (Emmons, 1998) was used to measure the self-determination, self-control skills were measured using Kuhl's Action Control Scale (ACS-90) in the Polish adaptation by Marszał-Wiśniewska (2002), and temporal orientation was assessed using Zimbardo's Time Perspective Inventory (ZTPI) (Zimbardo and Boyd, 2011), in the Polish adaptation of Sobol-Kwapińska, Przepiórka and Zimbardo (2016). Contrary to predictions, there was no significant effect of the sentence serving system on convicts' self-determination. The effect of future time orientation was also found to be insignificant. In contrast, the significant effects of self-control ability and present-fatalistic orientation were confirmed. Low self-control skills result in present-fatalistic orientation, which in turn negatively affects self-determination. The results of the study confirm that the achievement of the important social rehabilitation goal of arousing the will to change in the convict by shaping subjectivity and agency should rely to a large extent on influencing such characteristics of the convicts' personality as their self-control skills and temporal orientation.

**Key words:** imprisonment, self-determination theory, temporal orientation, self-control skills.

## Serving a custodial sentence in Poland

Deprivation of liberty is the most severe repression that is used in Poland against people who break the law. The legislator in the current regulations lists the following punishments: fine, restriction of liberty, imprisonment, 25 years of imprisonment, life imprisonment (Penal Code 1997, Art. 32). It should be emphasized that the very fact of deprivation of liberty is a difficult situation for prisoners, leading to deprivation of physiological and psychological needs, including the need for autonomy, understood according to the theory of self-determination as the ability to decide for oneself and to direct one's own actions (Ryan and Deci 2000). The negative aspects of isolation are a problem analyzed by many researchers both in the context of psychological consequences for the individual, as well as due to the disruption of relations with the family and the external environment, and in connection with the social costs of imprisonment (Ciosek 1996; Machel 2003; Machel 2007; Szymanowska 2003; Kwieciński 2013; Szymanowski, Migdał 2014).

The objective of serving a custodial sentence is to "...trigger in the prisoner the will to cooperate in developing his/her socially desirable attitudes, and in particular, a sense of responsibility and need to respect legal order, and thus to refrain from returning to crime" (Executive Penal Code 1997, Art. 67 § 1). In such a provision, particular attention should be paid to the wording concerning arousing in the convict the will to change his/her own attitudes by granting subjectivity and agency (Szymanowski and Migdał 2014). It is assumed that the main goal of serving the custodial sentence will be achieved through the implementation of measures taking into account the principle of individualization, also within the framework of the specified system of execution of the sentence. In Poland, since the introduction of the current Executive Penal Code in 1997, imprisonment is carried out in the programmed intervention system, the therapeutic system and the regular system (Executive Penal Code, Art. 81). The introduction of the programmed system of serving the sentence and the regular system is an offer, which, according to the provisions adopted by the legislator, the convict can take advantage of by declaring the choice of one of the systems, which involves acceptance in terms of further cooperation with educators (Stańdo-Kawecka 2016).

The programmed intervention system is the proposal that most fully serves the interventions enabling the change of convicts' attitudes and their successful readaptation after completing the sentence. In accordance with Article 95 § 2 of the Executive Penal Code, the intervention program establishes, in particular: "the types of employment and education of the convicts, their contacts especially with family and other loved ones, the use of leisure time, the possibility of fulfilling their obligations and other activities necessary to prepare the convicts for their return to society" (Executive Penal Code 1997).

The provisions of the current Executive Penal Code guarantee the possibility for prisoners to choose whether to serve their sentences in the regular system or in the programmed interventions system, which reflects contemporary trends in work with persons deprived of liberty, expressed, *inter alia*, in the belief that educational interventions are more effective for those who have an impact on the preparation of a project of activities taking into account their individual needs, and thus increase the degree of acceptance in the course of the provisions implemented in the program. (Szymanowski and Migdał 2014). The ability to influence the course of events also increases a sense of security and allows one to perceive the environment as more predictable (Langer 1983; Wojcieszke 1983, quoted from: Zabłocka, Francuz 2006), thus preventing the formation of mechanisms of learned helplessness by providing an appropriate level of sense of control over the situation in which the individual finds themselves.

To sum up, it can be assumed that the convicts who choose the offer of individual intervention program, will be characterized by a higher level of internal autonomy and higher self-control skills, as well as more frequent directing of their own actions towards realization of distant plans located in the future, among which the dominant one will be realization of obligations undertaken in the individual program and increasing the chance for early conditional release from serving the rest of the sentence.

As the research results confirm, deprivation of liberty, the introduction of control and taking away the right to self-determination can often lead to unintended and paradoxical consequences. One such consequence is an increase in aggressive, antisocial behavior and, at the same time, a lack of a sense of responsibility for taking such actions. A person who feels constantly controlled, forced to certain behaviors over time begins to perceive himself/herself as someone completely devoid of agency (Moller and Deci 2010). This attitude can make it impossible to desist from crime and prevent one from taking responsibility for their own choices and life. The programmed system of serving the sentence provides an opportunity to minimize these types of consequences by providing opportunities for personal involvement and self-determination by the prisoner. In other words, the key difference between regular and programmed systems of serving the sentence lies in their different ways of affecting the self-determination and subjectivity of convicts.

## Self-determination theory

Referring to De Charms' work on perceiving the source of causality, Ryan and Deci treat autonomy as one of the basic and universal psychological needs of humans. Autonomy, as defined by Ryan and Deci, is not the same as independence, but is expressed in the sense of inner freedom and the perception of one's own

actions as voluntarily undertaken and in accordance with one's own Self – one's own beliefs, needs, and one's own value system. The consequence of such action is self-determination – a sense of directing one's own actions while accepting responsibility for its consequences. Lack of self-determination may result either from perceiving one's behavior as controlled by external factors or from believing that one cannot influence their outcomes and that they depend on factors beyond one's control (Ryan and Deci 2004).

Research findings confirm that self-determination promotes pro-social behavior and is associated with a lower tendency to aggression and antisocial behavior (Moller & Deci 2010). Thus, it can be concluded that providing convicts with the opportunity to make decisions about the system in which the sentence will be executed right after they begin serving their sentence can be conducive to the formation of self-determination and a belief that they can influence their own lives by taking action. Assigning responsibility for the consequences of one's actions is also related to the person's self-control skills. The negative consequences of one's actions must appear to the individual, firstly, as predictable and, secondly, as avoidable. Thus, it can be concluded that assignment of this responsibility involves the belief that one has control.

According to Travis Hirschi (2004), an additional element common to the various crimes, besides the fact that they are unlawful acts, is that they all involve the risk of deferred, long-term costs that far outweigh their short-term benefits. Criminal acts provide easy and simple gratification of desires: they provide money without a job, retaliation without a court case. In other words – criminal acts are an example of loss of control and/or low ability to control one's own behavior (Hirschi 2004).

## Self-control skills

Within the framework of the social control theory, Travis Hirschi attempts to identify the ties that bind the individual to society and through which society exercises control over the individual's behavior. The author makes the assumption that criminal acts reflect the breaking of these ties, or at least demonstrate their weakness.

According to the theory, there are four dimensions of the ties linking the individual to society that can be distinguished. The first dimension is attachment, which expresses an emotional bond with both individuals and familiar places or institutions and is based on positive feelings such as love, affection and respect. It is assumed that the more attached someone is to other people, institutions, and places, the less likely they are to engage in criminal acts because such acts threaten social ties.

The second dimension is commitment, which refers to individual aspirations, expectations and goals – the individual is controlled by who they want to be and

what they aspire to in life. Since these aspirations and goals can be compromised by reckless behavior and criminal acts, this type of behavior should be avoided. The third dimension is participation – involvement in various socially acceptable activities is so absorbing that the individual has no reason to engage in unlawful behavior. The fourth dimension is beliefs about socially acceptable rules of conduct (Hirschi 2004).

Hirschi (2004) defines self-control as the tendency to avoid actions of which long-term costs outweigh their short-term benefits. The assessment of these long-term costs is affected by all four of the social control dimensions presented: attachment, commitment, participation and beliefs. A person whose ties to society within all these dimensions are strong enough should make the right choices, that is, forgo immediate gratification of his/her own needs in favor of greater and deferred gratification. The results of psychological research confirm that the ability to defer gratification depends not only on strong ties to society, which allow the correct evaluation of gains and losses, but also on some relatively constant and temporally stable self-control skills (Mischel 2014). Based on research findings, self-control skills are now recognized as one of the personality traits most significantly affecting the functioning of an individual (Vohs and Baumeister 2004; Kadzikowska-Wrzosek 2013; Kuhl 2002; Mischel 2014).

The ability to evaluate the consequences of one's actions and the ability to forgo immediate gratification of one's needs also requires adopting the proper time perspective. Perceiving the connection between one's actions and their possible impact on one's future depends on the extent to which a person's individual temporal orientation incorporates a future perspective.

## Temporal orientation

Decisions made by a person are heavily influenced by the subjective perspective of time perception, which allows us to organize personal experiences by assigning them to a specific dimension including the past, the present or the future. The perspective of time perception is a process "...whereby the constant passage of life is broken down into temporal categories that help give our lives order, coherence and meaning" (Zimbardo & Boyd 2011, p. 50). Often, one of the primary temporal dimensions is of particular importance to the individual and significantly affects his or her cognitive, emotional, and functional sphere. In the case of such dominance of one of the dimensions, one can speak of the occurrence of temporal orientation (Próchniak 2010). K. Popiołek (2010) emphasizes that focusing on any of the three time areas is related to its importance to the individual. People differ in assigning meaning to past events, or in focusing only on the present moment, or in planning and dreaming about what will happen someday. The optimally functioning individual usually demonstrates high temporal competence,

which means the ability to integrate one's past and future in the present. This provides an opportunity to use the resources provided by each dimension of psychological time and use them in the context of the needs of the current situation (Tucholska 2005).

In the described temporal model, P. Zimbardo and J. Boyd distinguished six perspectives of time perception. The first two, the positive past and the negative past show the tendency of people to interpret and assign emotional meanings to events that have already taken place. Depending on which past perspective prevails, the individual assigns a positive or negative sign to their memories, while often shaping their current thoughts and actions (Zimbardo & Boyd 2011).

Orientation towards the present in the temporal model takes either a hedonistic or a fatalistic form. People among whom the first type of attitude dominates enjoy what the present time offers, actively seek pleasure, and try to avoid unpleasant situations. Hedonists focused on the present are also impulsive individuals, focused on immediate gratification, characterized by poor impulse control, low emotional stability, and low conscientiousness (Zimbardo & Boyd 2011). People with a present fatalistic attitude function differently. In this group, hope and optimism give way to resignation and a sense of lack of influence on one's own life, reinforced to a degree that indicates the learned helplessness syndrome.

Future-oriented people form this orientation in the process of development, influenced by individual observations of the consequences of their own actions and environmental conditions. Focusing on what could potentially happen someday, on what one desires, involves persistence, self-discipline and a willingness to defer gratification in order to pursue plans considered as desirable and valuable. (Zimbardo & Boyd 2011).

The period of isolation affects the prisoners' subjective perceptions of the passage of time. Prisoners struggle with its excess while not being able to organize their activities freely, which is due to the total nature of the penitentiary, in which individual days look the same and are subordinated to the prison rules.

People in isolation may also present entrenched tendencies to focus specifically on one of the three dimensions of time, resulting in a narrowed temporal perspective. B. Gulla, K. Tucholska and M. Wysocka-Pleczyk pay attention to the styles of functioning in prison isolation of people depending on their temporal orientation. Among prisoners focused primarily on the past, the following dominate: escape into memories, idealization of the period of life before conviction and cutting off from prison reality, and, in the case of negative past experiences, a tendency to ruminate. Present-oriented individuals, particularly of a fatalistic orientation, focus on the everyday reality of prison life and the negative emotions they feel as a result, mainly anxiety, feelings of powerlessness, frustration and hostility. In contrast, convicts who think mainly about the future exhibit wishful thinking, but often without taking action that could lead to implementation of their plans (2015).

The research conducted among recidivists by T. Wach shows that this group of convicts is characterized by short time perspectives when constructing their own activities, which leads mainly to focus on the present moment, a tendency to procrastinate in situations requiring the construction of long-term, distant plans, as well as undertaking only such activities that ensure obtaining quick gratification. Wach's research also confirms the assumptions of Gulla, Tucholska, and Wysocka-Pleczyk, indicating that recidivists' focus on life plans is most often manifested by idealization of the future and unrealistic dreams without specific analysis to enable the realization of their own projects (2016).

## **Methodological assumptions, purpose and organization of the study**

The purpose of this study was to examine how the system of serving a prison sentence (programmed intervention and regular), self-control skills, and temporal orientation affect the convicts' self-determination. It can be considered that striving to arouse in the convict the will to change his/her own attitudes by granting him/her agency and subjectivity is the same as forming in the convict self-determination. On the one hand, self-determination is influenced by social rehabilitation measures, including the system of serving the sentence, but on the other hand, the individual dispositions of the convict are also important – their personal features, including the self-control skills and temporal orientation.

It was assumed that self-determination is positively influenced by the programmed system of serving the sentence – the decision of the convicts to co-create and implement the commitments contained in the individual program, as well as greater self-control and future temporal orientation.

The study group consisted of 91 male prisoners serving prison sentences in two systems (regular system N=54 prisoners and programmed intervention system N=37 prisoners). In the course of the research the male inmates served their sentences in two units: in the Detention Center in Wejherowo, which also has a semi-open ward for penitentiary recidivists, and in the External Ward of the Detention Center in Słupsk, which operates in Ustka and is a unit intended for inmates serving their sentences for the first time. The division of the research subjects into two groups was adequate to their choice of system of serving a prison sentence. The analysis conducted also included variables (Tab. 1) concerning the age of the research subjects, where the age range of the research subjects ranged from 18 to 66 years ( $M=34.06$ ;  $SD=10.17$ ), rate of return to prison and the current length of time spent in isolation, taking into account the division of penalties according to the criterion of their duration adopted by penitentiaries (Machel 2003), where it was assumed that short-term penalties are within the limits of up to 12 months, medium-term penalties include a period of up to 3 years, and long-term penalties last more than 3 years.

Table 1. Numerical and percentage distributions of research subjects' age, rate of return to prison, and current time spent in solitary confinement

		N	Percent
Age of the imprisoned person	18–25	23	25.3
	26–35	28	30.8
	36–45	28	30.8
	46–55	8	8.8
	56–65	3	3.3
	66–75	1	1.1
	total	91	100.0
Return to prison	first stay in prison	34	37.4
	two times	22	24.2
	three times	17	18.7
	more than three times	18	19.8
	total	91	100.0
Current time spent in isolation	up to 1 year	64	70.4
	from 1 year to 3 years	18	19.8
	over 3 years	9	9.9
	total	91	100.0

Source: author's own study.

## Procedure and materials

The study had a single stage. Inmates were informed of the voluntary and anonymous nature of the study and were given a set of tools.

Self-determination in terms of “personal strivings” was measured using Emmons' Personal Strivings Questionnaire (1998). The questionnaire consists of two parts. In part one, respondents are asked to list “personal strivings” (in line with the following definition: “what you generally strive for”). Then, in part two, the respondents classify their strivings according to four categories of motives created based on the theory of self-determination: external control, internal pressure (introjection), identification, and integration (Ryan & Deci 2000). Using a Likert-type scale (from 0 – not at all for this reason, to 9 – definitely for this reason), respondents answer the question to what extent a given reason determines a given striving. *The Relative Autonomy Index (RAI)* was calculated according to the formula:  $2 \times \text{integration} + \text{identification} - 2 \times \text{external control} - \text{introjection}$ . The higher the value of this index, the higher the level of self-determination to be attributed to a given action (Grolnick & Ryan 1987; Ryan & Connell 1989).

Self-control skills were measured by means of Kuhl's Action Control Scale (ACS-90) in the Polish adaptation by M. Marszał-Wiśniewska (2002). The tool measures individual differences in self-control skill. The questionnaire consists of three subscales with satisfactory reliability (Cronbach's  $\alpha$  in the range from 0.70 to 0.81).

Individual differences in temporal orientation were measured using the P. Zimbardo Time Perspective Inventory (ZTPI), (Zimbardo & Boyd 2011), in the Polish adaptation of Sobol-Kwapińska, Przepiórka and Zimbardo (2016). The tool diagnoses individual time perspective and consists of 56 statements. The inventory identifies five specific subscales: past positive, past negative, present hedonistic, present fatalistic, and the orientation towards the future subscale (Bajcar 2002).

## Results

The means, standard deviations, and intercorrelations of all the variables measured are provided in Table 2. The results of the correlation analysis (cf. Table 2) mostly show the expected relationships between variables, confirming a significant relationship between self-determination and self-control skills, and two dimensions of temporal orientation: past-negative and present-fatalistic. The greater self-determination characterized the convicts, the greater their capacity for self-control. In contrast, the more convicts exhibited past-negative or present-fatalistic orientation the lower their self-determination. Significant relationships between self-control skills and present-fatalistic orientation were also further confirmed. The less capacity for self-control characterized the convict, the more fatalistic they were about the present. Correlation analysis also revealed significant relationships between the different types of temporal orientation: present-fatalistic orientation positively correlates with past-negative orientation and present-hedonistic orientation, while it correlates with future time orientation negatively.

The main purpose of the study was to determine whether inmates' self-determination is positively influenced by the programmed system of serving the sentence, self-control skills, and future temporal orientation. Hierarchical multiple regression analysis was performed for self-determination. In the first step, the following data were entered into the analysis: age of the subjects, sentencing system (coded: -1 – programmed system; 1 – regular system); recidivism (coded: -1 recidivism; 1 – first time prison sentence), current time spent in isolation. In the second step, self-control skills were introduced, and in the third step, further dimensions of temporal orientation were introduced: past-negative past, present-hedonistic, present-fatalistic, and future time orientation. The results of the above analysis are presented in Table 3.

Table 2. Means, standard deviations, and intercorrelations among all study variables: self-determination, self-control skills and individual dimensions of temporal orientation

	M	SD	Sense of self-determination	Self-control skills	Negative Past	Hedonistic Present	Fatalistic Present	Orientation Towards the Future
Sense of self-determination	4.61	7.05		0.31**	-0.24*	-0.01	-0.39**	0.18
Self-control skills	16.19	4.95			-0.18	0.04	-0.35**	0.19
Negative Past	3.37	0.72				0.47**	0.56**	0.03
Hedonistic Present	3.46	0.73					0.45**	-0.01
Fatalistic Present	3.03	0.74						-0.26*
Orientation Towards the Future	3.59	0.63						

\* $p < 0.05$ ; \*\* $p < 0.01$ 

Source: author's own study.

Table 3. Results of hierarchical multiple regression of self-determination on demographic variables, self control skills and time orientation

Sense of self-determination			
	Step 1	Step 2	Step 3
	$\hat{a}$	$\hat{a}$	$\hat{a}$
Age	0,12	0,17	0,16
Sentencing system	0,06	0,02	0,08
Recidivism	0,16	0,16	0,13
Present time in isolation	-0,06	-0,04	-0,05
Self-control skills		0,33**	0,16
Negative Past			-0,12
Hedonistic Present			0,24
Fatalistic Present			-0,35**
Orientation Towards the Future			0,05
$R_c$	0,001	0,10	0,19
Change $R_c$	0,05	0,10**	0,12*

\* $p < 0.05$ ; \*\* $p < 0.01$ 

Source: author's own study

The results of the regression analysis only partially confirmed the assumptions. Contrary to predictions, there was no positive effect on self-determination of the programmed sentencing system – the effect of the sentencing system was found to be insignificant. The effects of age, length of current incarceration, and whether it was the first or a subsequent prison sentence were also insignificant. However, a significant effect of self-control skill was confirmed ( $\beta=0.33, p<0.01$ ). Greater self-control positively influences self-determination. There was also a significant negative effect of present -fatalistic orientation on self-determination ( $\beta= -0.35;p<0.01$ ). However, a positive effect of future time orientation on self-determination was not confirmed. All variables included in the model explain 19% of the variance (Adjusted  $R^2= 0, 19$ ;  $F(4,81)= 3.34;p<0.05$ ). Adding in the third step present -fatalistic orientation to the analysis resulted in the effect of self-control ability no longer being significant ( $\beta=0.16, n.s.$ ). This may suggest that a present -fatalistic orientation plays a mediating role in the relationship between self-control skills and self-determination.

To test whether indeed the fatalistic orientation towards the present mediates the effect of self-control skills on the sense of self-determination, a mediation analysis was performed with the SPSS 25.0 package using Hayes and Preacher’s INDIRECT macro ((Hayes 2008; Preacher, Hayes 2008).

Bootstrapping analysis (5000 samples) showed that the total indirect effect ranges from 0.0316 to 0.3467 (95% confidence interval), the total unstandardized indirect effect is 0.16. This effect can be considered significant because its confidence interval does not contain a zero value. Thus, the results of the mediation analysis confirm that an important mediating role in the relationship between self-control skills and self-determination is played by the present- fatalistic orientation. In other words, the lower a prisoner’s capacity for self-control, the more he tends to exhibit the present-fatalistic orientation, and this in turn negatively affects the prisoner’s self-determination – the sense of directing one’s own actions and accepting responsibility for them. Thus, the effect of self-control skills on self-determination was partially mediated by present-fatalistic orientation. The relationships are illustrated in Figure 1.



\*\*\* $p < 0.001$ ; \*\*  $p < 0.01$ .

Fig. 1. The mediating effect of present-fatalistic orientation on the relationship between self-control skills and self-determination. Note: Path values represent unstandardized regression coefficients

Source: author’s own study.

## Discussion

The level of self-determination in the activities performed by a person is determined by both internal factors – individual personality characteristics, and external factors – the environmental context (Kadzikowska-Wrzosek 2013). The research conducted among inmates in the Detention Center in Wejherowo and in the External Ward of the Detention Center in Słupsk showed that there is a significant relationship between the level of self-control skills and the dominant dimension of temporal orientation, and self-determination among people serving a sentence of imprisonment. Prisoners whose self-control skills were higher also presented a greater self-determination, confidence in their ability to direct their own actions, and acceptance of responsibility for the consequences of those actions or decisions.

The level of self-control was also found to be significantly related to the temporal orientation of persons serving prison sentences, particularly to two dimensions: past -negative and present- fatalistic orientation. In terms of the degree of self-control presented, the results are consistent with the characteristics presented by Zimbardo and Boyd (2011), who emphasize that present- fatalists are characterized by high outer containment and a belief that there is no point in undertaking any activity that would shape their daily lives and influence the realization of their plans.

The results of the study taking into account the rate of return to prison, the time spent in solitary confinement and above all the possibility of choosing the system of serving the sentence, indicate that there is no significant relationship of these variables on the increase in self-determination of the respondents. The lack of relationship between the level of self-determination of convicts serving their sentences in the programmed or regular system is largely due to the small difference in the implementation of these two systems. Stańdo-Kawecka (2016) emphasizes that regardless of the system chosen by the convicts, the purpose of the execution of the sentence of imprisonment is the same (art. 67 § 1 of the Executive Penal Code), as well as the means of influence on the convicts, i.e.: work, teaching, cultural-educational and sports activities, maintaining contact with the family and the outside world, are listed in Article 63§3 of the Executive Penal Code, which regulates the execution of imprisonment with regard to all prisoners in Poland, as well as with regard to persons serving their sentences in the system of programmed intervention (Art. 95 § 2 of the Executive Penal Code) as the most important points to be taken into account in the programmes developed. Similar conclusions were formulated by Bramska and Kiryluk (2002) analyzing the opinions of convicts serving sentences in the programmed intervention system and in the regular system in the years 1998–2002. The authors point out that

inmates themselves also fail to see the potential benefits that could motivate them to join the programmed system.

In light of the results obtained in the presented study, the following practical and research postulates can be identified, the implementation of which would contribute to increasing the effectiveness of educational and therapeutic work with imprisoned persons:

- Developing a model for recruiting convicts to programmed social rehabilitation interventions, enabling more complete indication to imprisoned persons of the benefits associated with serving a sentence in this system and fostering a sense of inner commitment, which is particularly difficult at the initial stage of being in isolation.
- Constant evaluation of the recruitment model in place and conducting research aimed at clarifying and introducing cyclical changes that take into account the needs of imprisoned persons as well as the conditions of the changing social environment.
- Introduction into the offer of social rehabilitation activities carried out with people subjected to isolation punishment psycho-educational classes and trainings aimed at reinforcing self-control skills.
- Diagnosing inmates in terms of individual temporal orientation, which will provide an opportunity to identify individuals who exhibit imbalance tendencies, focusing primarily on the perspective of past- negative and present- fatalistic.
- Individual or group therapy aimed at shaping and reinforcing a future-oriented time perspective and minimizing the impact of present-fatalistic orientation, the main negative aspect of which is the perpetuation of the individual's sense of lack of agency and lack of commitment to long-term plans.

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