

Temporal Focus Scale: Examination of the Reliability and Validity in Japanese Adolescents and Young Adults

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Abstract : Temporal focus is described as one component of an individual's time perspective and defined as the attention individuals devote to thinking about the past, present, and future. It affects how people incorporate perceptions about past experiences, current situations, and future expectations into their attitudes, cognitions, and behavior. The 12-item Temporal Focus Scale (TFS) is comprised of three-factors (past, current and future focus). The purpose of this study was to examine the reliability and validity of TFS scores in Japanese adolescents and young adults. The TFS was translated into Japanese by a professional translator, and the original author confirmed the back translated items. Study 1 involved 979 Japanese university students aged 18-25 years old in a questionnaire-based study. The hypothesized three-factor structure (with reliability) was confirmed, although there were problems with item 10. Internal consistency estimates for scores without item 10 were over .70, and test-retest reliability was also adequate. To verify the concurrent and convergent validity, we tested the relationship between TFS scores and life satisfaction, time perspective, self-esteem, and career efficacy. Results of correlational analyses supported our hypotheses. Specifically, future focus was strongly correlated to career efficacy, while past and current focus was not. Study 2 involved 1030 Japanese junior and junior high school students aged 12-18 years old in a questionnaire-based study, and results of multigroup analyses supported the age invariance of the TFS.

Keywords : Japanese, reliability, scale, temporal focus, validity

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