

**EXPERIENȚA TEMPORALĂ PERSONALĂ,  
DEPRINDERILE DE REZOLVARE A PROBLEMELOR SOCIALE  
ȘI REACȚII AFECTIVE LA STUDENȚI**

**SUBJECTIVE EXPERIENCE OF TIME, SOCIAL PROBLEM  
SOLVING SKILLS AND EMOTIONAL RESPONSE  
OF COLLEGE STUDENTS**

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*Abstract*

*Several studies have shown that the major cause for seeking psychotherapy is the experience of frequent negative emotions (Plante, 2005). Taking into account the fact that the college student's life is dominated by social demands and an overwhelmed time table we postulated the existence of a close relationship between the subjective experience of time, social problem solving skills and emotional response. Our study employed 78 college students; the mean age was 19,64 years ( $\sigma = 1,37$ ). Subjective time experience was measured with the aid of the Temporal Experience Questionnaire (Romanian version); social problem solving skills was measured with the Problem Solving Inventory and emotional response with the Positive and Negative Affect Schedule. Results showed that time management accounted for 13,7% of the variance in positive emotions; problem solving confidence accounted for 11,6% of the variance in positive emotions; and personal control accounted for 21% of the variance in negative emotions. Practical implications for psychotherapists, clinical psychologists and school psychologists are discussed.*

*Keywords: time management, social problem solving skills, negative emotions, positive emotions*

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