

Abstract

Preparation for Age-related change, particularly in a health context, is an important developmental task in middle and older adulthood. However, little is known about how a positive self-view would motivate an individual to engage in health preparation. As age and future time perspective had shown to be associated with health-related behaviors, research is warranted to investigate the underlying interactions between them, future self-view and health preparation. This study examined the association between age, future time perspective, future self-view of health, and health preparation. Additionally, the relationships between the three facets (opportunity, constraint, extension) of future time perspective and the above variables were investigated. Results from a Hong Kong Chinese sample (N = 245) revealed that age had no significant association with both future self-view of health and health preparation. Future self-view of health was positively predicted by an expansive time horizon and had a strong positive association with health preparation, while constraint was the only predictor of future self-view of health among all three facets. The effect of age on health preparation was shown to be fully mediated by future time perspective then future self-view of health in sequential mediation analysis. Extension was the sole mediator in the associations above. The study not only extended the literature by indicating health preparation can be partially explained by future time perspective but also suggested that promoting a positive future self-view of health might be useful in facilitating health preparation.

Key Words: Future Time Perspective, Future Self-View of Health, Health Preparation, Sequential Mediation