



# Effects of Stress and Relaxation on Time Perception

*Department of Medical and Clinical Psychology*

Download now

[Click here](#) if your download doesn't start automatically

# Effects of Stress and Relaxation on Time Perception

*Department of Medical and Clinical Psychology*

**Effects of Stress and Relaxation on Time Perception** Department of Medical and Clinical Psychology  
Changes in time perception during and following experiences of stress and relaxation are commonly reported, but little is known about the direction and nature of any time perception changes. In this experimental study, men and women ages 18 to 79 were randomly assigned to one of three conditions: stress (n = 39) - speech preparation and presentation, relaxation (n = 38) - a progressive muscle relaxation exercise, or control (n = 39) - listening to a biography on tape. Multiple measures of time production, time estimation, perceived rate, and attention to time domains (past, present, and future) were made before and after the experimental phase. Retrospective time estimates were made after the experimental phase. Self report, physiological, and biochemical measures of stress were used to evaluate response to the experimental conditions, and results were consistent with increased stress in the stress condition and increased relaxation in the relaxation condition. Measures of duration judgment were relatively consistent within individuals with larger variance from person to person. Some of the individual variance was associated with gender and age with women having generally larger duration judgment ratios (subjective/objective time) than did men ( $t(110)=2.91, p<.01$ ) and age was significantly correlated with duration judgment ratio. Time was reported to pass slower than usual during relaxation ( $t(34) = 5.37, p<.01$ ), but time spent relaxed was remembered as significantly shorter than time spent in the control activity ( $F(2,108) = 9.88, p <.01$ ). Stress led to increases in subjective to objective time ratio ( $t(37) = 2.34, p <.05$ ), and time following a period of stress was reported to pass quickly. Attention to the present was related to lower reported distress, whereas attention to the past was positively correlated with self-reported distress. These data imply that changes in time perception may reflect changes in experiences of stress or relaxation. Also, interventions to increase focus of attention on the present may be helpful to reduce distress.

 [Download Effects of Stress and Relaxation on Time Perceptio ...pdf](#)

 [Read Online Effects of Stress and Relaxation on Time Percept ...pdf](#)

## **Download and Read Free Online Effects of Stress and Relaxation on Time Perception Department of Medical and Clinical Psychology**

---

### **From reader reviews:**

#### **Jaime Howell:**

What do you with regards to book? It is not important along? Or just adding material when you require something to explain what your own problem? How about your spare time? Or are you busy individual? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Everyone has many questions above. They have to answer that question since just their can do that. It said that about book. Book is familiar in each person. Yes, it is proper. Because start from on kindergarten until university need this Effects of Stress and Relaxation on Time Perception to read.

#### **James Hall:**

Typically the book Effects of Stress and Relaxation on Time Perception will bring one to the new experience of reading a new book. The author style to clarify the idea is very unique. In case you try to find new book to read, this book very suitable to you. The book Effects of Stress and Relaxation on Time Perception is much recommended to you to read. You can also get the e-book in the official web site, so you can easier to read the book.

#### **Martin Song:**

Many people spending their period by playing outside along with friends, fun activity using family or just watching TV the entire day. You can have new activity to invest your whole day by reading a book. Ugh, think reading a book really can hard because you have to take the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Smartphone. Like Effects of Stress and Relaxation on Time Perception which is finding the e-book version. So , why not try out this book? Let's notice.

#### **Sanjuanita Mecham:**

That book can make you to feel relax. This kind of book Effects of Stress and Relaxation on Time Perception was vibrant and of course has pictures on the website. As we know that book Effects of Stress and Relaxation on Time Perception has many kinds or variety. Start from kids until young adults. For example Naruto or Detective Conan you can read and think that you are the character on there. So , not at all of book tend to be make you bored, any it offers you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading which.

**Download and Read Online Effects of Stress and Relaxation on  
Time Perception Department of Medical and Clinical Psychology  
#KM6H0GEYA3Q**

## **Read Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology for online ebook**

Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology books to read online.

## **Online Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology ebook PDF download**

**Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology Doc**

**Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology Mobipocket**

**Effects of Stress and Relaxation on Time Perception by Department of Medical and Clinical Psychology EPub**