Future thinking and anxiety: a psychosocial study on future expectations.

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Abstract

The future has become the central time in a society that continuously announce its advances together with its disasters and crisis. In this ambivalent process, the individual is left with multiple anxiety issues, facing constant disruption and with a vague sensation of failure, and uneasiness. Through multiple associations and constructions, time bears a diversity of meanings, measures, and concepts, and consequently, the future and future imagination. From the psychopathological perspective, panic announcements in media and the cataclysms of climate crisis instead of producing more adaptative response. With the rise of mental health issues, future time has been impregnated with anxiety, and a feeling of exhaustion. To understand Imaginable Futures as narratives that interconnect the individual and the social, and how it can be linked to mental health issues, this research was conducted. According to neuroscience (Kable, 2021), imagining future events activate two sub-networks of the brain. One focusing on creating the new event within the imaginative scope, and another that evaluates whether the event is positive or negative. Aiming to understand this dichotomy and whether individuals are expecting a more positive or negative future, the Imaginable Future Survey had forty questions and it was applied to 311 random individuals worldwide. With multiple-alternative and open questions inquiring about future anxiety, future thinking, future skills, future expectations and mental health. All data was anonymous, and anonymously treated. The research had 311 responders worldwide. Graphics for each answer were generated. The analysis involved both quantitative and qualitative data. The conclusion shows a rupture between individual e global future. It also demonstrated that the future is an important asset of the now-culture, and it is directly linked to multiple feelings from hope to panic and despair. Suggestions for a better future are given and should be considered when approaching mental health policies and treatments.

Recent Publications (minimum 5)

1. Monica Mastrantonio, Raveenthiran Vivekanantharasa, Lidia Martinez. (2022) “Diversity in Daily Living – An International Survey for Individual Practices,” Science Frontiers. Volume 3, Issue 2, June 2022 , pp. 60-65. doi: 10.11648/j.sf.20220302.11
2. Monica Mastrantonio, (2022) "Narratives About the Future, the End of Times, and the Colonization of the Future," Review of European Studies, Canadian Center of Science and Education, vol. 14(2), pages 1-23, June.
3. Monica Mastrantonio (2021) “Question of Time for Norbert Elias. Challenges of an interdisciplinary concept and approach towards time.” Exchanges The Interdisciplinary Research Journal, October 2021, University of Warwick. DOI: 10.31273/eirj.v9i1.840
4. LiX, SchwachaMG, ChaudryIH, ChoudhryMA (2008)Acutealcohol intoxication potentiates neutrophil-mediated intestinal tissue damage after burn injury. Shock 29:377.
5. Room R, BaborT, Rehm J (2005) Alcohol and public health. Lancet 365: 519-530.

Photograph



Biography

Dr Monica Mastrantonio is a Guest Researcher at the GCSC – Graduate Center for the Studies of Culture at the University Justus Liebig in Germany, and a clinical psychologist since 1993. Affiliated to the American Psychological Association, Europeans Association of Applied Psychology. Guest Member Researcher at the Research Foundation of India, besides being a Global Good Will Ambassador (GGW). Italian, she has a PhD in Social Psychology, and has been a Professor in the field for many years. Her actual research interests are related to Futurism, anxiety, mental health and linking Climate Crisis to Mental Health Crisis.

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