The Effect of Optimistic Attitude on the Predicting Time of Future Plans:

Based on the Subjective Memory Loss

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Introduction

It is common for people to anticipate that they will be able to complete a task in less time, and it turns out that time and effort required is not as simple as one might think.

Planning Fallacy

In fact, the concept of **planning fallacy** has been descriptively summarized and introduced by Kahneman and Tversky (Kahneman & Tversky, 1977) to describe people's "tendency to underestimate the time needed to complete a project even though they have had considerable past experience of failing to meet the schedule.

Subjective Memory Loss

The cause has been theorized in past studies and it has been concluded that **subjective memory loss** is a cause of the planning fallacy, i.e., people have incomplete records of past experiences(Roy, M.M., Christenfeld, N.J.S. ,2007)

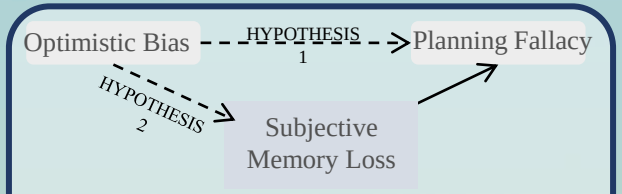
Optimistic Bias

A common phenomenon that people always tend to think on the good side rather than the bad one that can happen. (Tali Sharot ,2011)

Hypothesis

H1: **Optimistic bias** lead to a greater tendency to make optimistic predictions about the events one has experienced.

H2: Optimistic bias creates a planning fallacy by influencing people's perceptions of past experiences, making them more likely to make false/incomplete judgments about memory experiences.

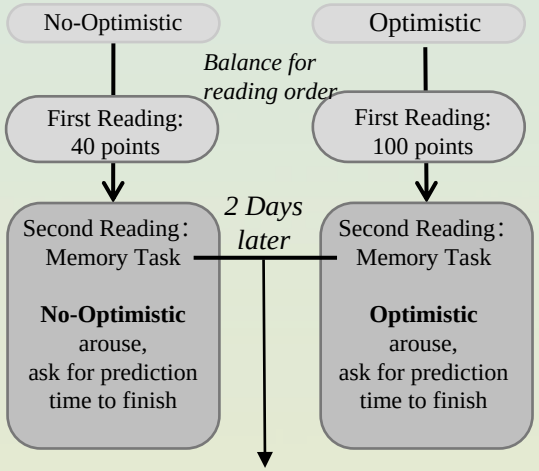


Method & Result

- **Participants**
  - 19 students
  - 8 males, 11 females
  - Age range = 18-23 years
- **Materials**
  - 2 Passages (A & B)
  - Reading comprehend-sions of CET 6 Part C

Study 1: **δTime** = Actual completion Time of Reading - Predicted Time of Reading;

Study 2: Path Analysis for 3 variables in Hypothesis Model



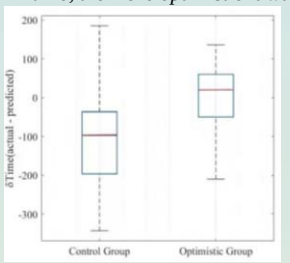
10 words in the former reading & 10 words unfamiliar

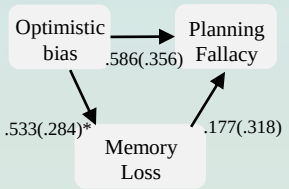
Results

R1: The estimated and actual time differences were significant between the optimistic group and the non-optimistic group（t=-2.205，df=29，p=0.036）

R2: The results showed that the path of optimism → memory loss (mediating variable) was significant, but the results of other paths were not significant.

→*A direct measure of optimism bias was the estimated time to the second task, with the shorter the estimated completion time, the more optimistic it was.*





Path analysis in *R2*

Discussion

▹ Chinese cultural background makes Chinese and even Asian people more prominent in modesty and caution, so it is possible to make a long estimate of the prediction time, and it is difficult to get the actual prediction time.

▹ Cautious and optimistic individuals tended to obscure the effects of experimental interventions when making predictions about time due to personality differences.

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