

KAMIL JANOWICZ  orcid.org/0000-0002-6193-5331

Centrum Badań na Rozwojem Osobowości, Uniwersytet SWPS, Poznań
Center for Research on Personality Development, University of Social Sciences and Humanities, Poznań
e-mail: kjanowicz@swps.edu.pl

Development and Validation of the Vision of Own Parenting Questionnaire (VOPQ)

Abstract. The last decades brought us a deeper reflection on the role of the future and thinking about it in our lives in psychology. Numerous studies supplied us with much empirical evidence on how crucial the role of thinking about one's future is to human behavior and to general development. Making predictions about one's future is one type of prospective activity. These predictions (vision) may be related to many areas of life, e.g., intimate relationship, work, being a parent. The current study aimed to develop a quantitative, self-report measure of the extension of the vision of own parenting (VOP). Findings from the first study ($N = 450$, M [age in years] = 20.82, $SD = 2.81$) resulted in reducing initial 105-item version to the 85-item one. Findings from the second study, with a different sample ($N = 352$, M [age in years] = 19.57, $SD = 2.48$), resulted in 78-item (divided into eleven scales) version of the Vision of Own Parenting Questionnaire (VOPQ). These results were supported by confirmatory factor analysis. The internal reliability of the VOPQ was assessed across two studies, and was found to be high ($\alpha = .72 - .89$). The criterion validity was established in the second study, whereby the VOPQ subscales were demonstrated to be associated with future time perspective, empathy, and life values. The VOPQ represents a valid, psychometrically sound, and novel method of assessing the extension of the vision of own parenting and parenting valuing.

Keywords: vision of own parenting, scale development, thinking about the future

Słowa kluczowe: wizja własnego rodzicielstwa, konstrukcja skali, myślenie o przyszłości

INTRODUCTION

Many prominent theoreticians of developmental psychology have emphasized the role of making life plans and predictions about one's future (e.g., Erikson, 1997; Inhelder, Piaget, 1970; Levinson, 1988; Niemczyński, 1980; Tyszkowa, 1985). Those predictions may be related to many areas of adult life. Being a parent is one of them. It is also one of the most important developmental tasks in adult life (Havighurst, 1981), so the vision of own parenting (VOP) seems to be a crucial part of the vision of one's adult life. Many changes in how a parental role is fulfilled in contemporary societies are observed.

According to that situation, it seems essential to gain knowledge about how young people imagine themselves as parents in the future. However, most of the research in this area was conducted with a qualitative approach. There is still no standardized method to measure the structure and the content of the vision of own parenting in young people.

This paper will review the process of the Vision of Own Parenting Questionnaire (VOPQ) development. The first section of this paper will bring some theoretical framework and familiarize with the concept of the vision of own parenting. The second part will review the process of developing the questionnaire. The third section

presents the results of two studies conducted during the process of the VOPQ development. Finally, the results of work on VOPQ will be discussed, and potential areas for its use will be presented.

CONCEPTUAL FRAMEWORK

As mentioned above, thinking about one's future is considered essential for human activity and development (Seligman et al., 2013), especially in adolescence and early adulthood (Erikson, 1997, 2004; Inhelder, Piaget, 1970; Levinson, 1988). Established and respected developmental theories highlight the vital role of forming predictions about one's future in adolescents' and young adults' development.

Inhelder and Piaget (1970) pointed out that one of the crucial developmental tasks of adolescence is growing into society in which a significant part consists of thinking about one's future: "an individual adds the program of their future (or adult) activities to present, temporary activities" (Inhelder, Piaget, 1970, p. 361). Erikson (1997, p. 320) claimed that in adolescence, "the nearest future is being incorporated in conscious life plan" – an individual must consider the future in making his decisions. The growth of the time perspective (an ability to perceive one's life in the perspective of time) is one of the most important aspects of identity development in adolescence. Life goals, plans, and predictions are clues to understanding oneself in the present. Niemczyński (1980) claimed that in early adulthood, the activity referring to the present becomes consistently combined with the activity referring to the future. Young adults' challenge is integrating their vision of their future with their socio-cultural context. To Niemczyński, forming the vision of one's adult life is necessary to develop a mature identity. Forming the vision of own parenting may be considered a part of this process. Also, Levinson (1988) pointed out that thinking about one's future is vital in the motivational process, referring to present activity. The process of forming the Dream is a part of "entering the adult world", which is related to exploring the possibilities

of adulthood and imagining oneself as their participant. Building adult life on the Dream is important because "those who betrayed the Dream in their twenties will have to deal later with the consequences" (Levinson, 1988, p. 92).

In this study, the vision of own parenting (VOP) is understood as the "imagination of an individual of self as a parent in the future and its way to becoming a parent" (Janowicz, 2017, p. 74). It refers to the predicted state of reality, not to the longed-for one. It is important to emphasize that vision of own parenting is not the type of life goal. The VOP is rather an example of non-specific simulation (Szpunar et al., 2014), which is formulated based on predictions about one's future. According to the taxonomy of prospective thinking proposed by Katra (2008), the VOP may be understood as the form of anticipation related to the specific aspect of the personal life referring to parenting. The vision of own parenting may be described concerning its content (what it is built of) and its structure (how it is built). Based on the literature, five aspects of the VOP were isolated: planning, preparation for parenting, taking part in a child's life, the relation between parenting and other areas of life, and parenting valuing (Janowicz, 2017). The Vision of Own Parenting Questionnaire is mentioned as the standardized method to measure how extended are the predictions, which refer to each aspect of the VOP, how strongly they are rooted in traditional or modern patterns of parenthood and how important it is to be a parent in the future for people.

Previous studies on the vision of own parenting

Current knowledge about the vision of own parenting in young people is based mainly upon two groups of studies. The first one was conducted in a qualitative approach, mostly on small groups of participants (e.g., Gajtkowska, 2016; Jacques, Radtke, 2012; Maher et al., 2004; Majdzińska, Śmigielski, 2010; Majorczyk, 2014; Marsiglio et al., 2000; Smith et al., 2011; Thompson et al., 2013). The second one, which focused on family planning and reproduction, was conducted on hundreds of people using online surveys. These

studies were carried out by Scandinavian researchers (Lampic et al., 2006; Skoog Svanberg et al., 2006; Virtala et al., 2001). Together, these studies point out that being a parent in the future is important for young people (more for women); however, they have many doubts concerning it. On the other hand, the results of the studies mentioned above have pointed out an increasing number of people who do not want to be parents anymore. This phenomenon is described as ‘voluntary childlessness’, and it has been widely discussed in the literature for a few decades (e.g., Bloom, Pebley, 1982; Gillespie, 2000; Tanturri, Mencarini, 2008). It should be pointed out that women perceived more important circumstances for deciding to have children. In the above-mentioned studies, a large group of participants referred to the feeling of unreadiness for being a parent and concern about the possibility of combining parenting with other duties (e.g., job, education). Graduating, starting a full-time job, being in a stable intimate relationship, and having a sense of own emotional maturity were perceived as necessary conditions to decide on having a child. Most of the young people questioned in these studies declared their attachment to traditional family roles patterns, but some were more eager to realize ‘new’ parenthood. The interviewees vividly discussed this clash of traditional and modern family role patterns. Taken together, these findings proved that part of the VOP related to the preparation and a sense of readiness to be a parent is more extended than predictions about fulfilling a parental role itself.

RATIONALE FOR DEVELOPING A QUANTITATIVE MEASURE OF VISION OF OWN PARENTING

As mentioned above, previous studies on the vision of own parenting have been mostly conducted through interviews or surveys. In this section rationale for developing a quantitative measure of VOP will be discussed regarding potential scientific benefits, methodological points, and practical issues.

Firstly, the proposed questionnaire enables measuring the vision of own parenting on two levels accordingly: 1) to the extension of the VOP; 2) to the fact how strongly it is rooted in traditional or modern patterns of parenting. That manner of measuring the extension of the VOP may be helpful in the necessity of comparing it with other quantitative measures. What is more, it makes adopting that variable to more complex statistical analyzes possible. For that matter, measuring the attachment to traditional and modern patterns of fathering and mothering quantitatively should allow researchers to adopt this issue to their analyses easier than assessing that based on qualitative data. The exemplification of what was mentioned above are results of Study 2 presented in the further part of this paper. Additionally, measuring the extensions of the several aspects of the VOP using different scales of the questionnaire led to the possibility of within-subject comparisons concerning the structure of the vision of own parenting specific for each person. To sum up, adopting a quantitative approach to studies on the vision of own parenting may open new research fields and support more complex insight into that topic.

Secondly, quantitative measures are easier to use in more complex research, including the participation of large samples. Questionnaires make gathering data from more people in a shorter time possible. In contrast, the number of interviews possible to conduct is limited. Furthermore, analyzing qualitative data is considerably more time-consuming and burdened with the risk of subjectivity. Results from a standardized questionnaire rooted in an established conceptual framework may be interpreted with stronger confidence than, in contrast, the results from self-elaborated surveys without verified reliability and validity (Janowicz, 2020). Additionally, questionnaires seem to be easier to use in longitudinal research than interviewing the same person a few times. That may be especially useful in long-term projects investigating the paths of transition to parenting, including its predictors and outcomes (Bakiera, Steppa, 2017; Deave, Johnson, 2008).

Thirdly, practitioners may also be interested in standardized methods in this field. It may be helpful in the context of evaluating classes and workshops aimed at family life education. On the other hand, that kind of data may also be a fruitful source of knowledge in the process of preparing this type of lesson or workshop, including the possibility of localizing areas to work with the specific group.

To conclude, while the vision of own parenting was usually researched utilizing qualitative data (interviews and written answers) or non-standardized surveys without conceptual background, this paper argues for the rationale for developing a standardized quantitative measure of the VOP. As was mentioned above, it may support conducting more complex studies on that topic. What is more, it may be helpful in psychological practice. The process of the development and validation of the quantitative measure of the vision of own parenting, the Vision of Own Parenting Questionnaire (VOPQ), will be presented in the subsequent sections of the paper.

DEVELOPMENT OF THE VISION OF OWN PARENTING QUESTIONNAIRE (VOPQ)

The aim of the initial part of the project was to develop scales to measure the extension of the VOP. In the VOPQ extension means that the person predicts being more involved in various aspects of parenting in terms of activities (e.g., doing more to prepare for parenting, spending time with a child in more ways) and reflection (e.g., thinking about parenthood planning, or having more doubts referring to being a parent in the future). Detailed information about how to interpret scores in each scale is presented in Table 4. All Items were developed and assessed by judges. Exploratory Factor Analysis was used to determine the factor structure of the items. Following the determination of the factor structure, construct validity was assessed as well as the internal consistency of the scales.

Part I – Item generation

Items to VOPQ were generated in the following steps.

Step 1. Analyzes of literature and research about parenthood

In recent years, there has been a countless amount of literature on parenthood. Studying theoretical and empirical papers was the source of knowledge about phenomena related to being a mother or a father in contemporary society. That knowledge was a base for the conceptualization of VOP, described in the previous part of the paper.

Step 2. Exploratory studies on the VOP

Since 2016 few exploratory studies on the VOP have been conducted to gather data about young people's predictions about themselves as parents in the future (Janowicz, 2017; Janowicz, 2018a; Janowicz, Bakiera, 2018). These studies have given an insight into the content of the VOP in young people. They also have allowed the isolation of more detailed categories related to specific aspects of the VOP. Each aspect has been described in detail as a base of scales in VOPQ.

Step 3. Items generation

Knowledge about the content of the VOP concerning each aspect of it has been used to generate items for the Vision of Own Parenting Questionnaire (VOPQ). There were 108 items separated in 12 generated scales. This part of the work was aimed at preparing the list of items corresponding to the content of the VOP. Because there were some changes in the structure of the VOPQ, the final list of scales, including their descriptions and examples of items, is presented in Table 4.

Part II – Consulting an initial item pool

The list of 108 items was demonstrated to three judges (psychology Ph.D. students) who specialized in developmental psychology and sex-

ology. All of them were female, aged between 25 to 35. Judges were introduced to the theoretical framework of the Vision of Own Parenting Questionnaire and the conceptualization of the VOP. After that, they were asked to assess items by answering the following questions:

- 1) *Based on a description of each scale, rate how well each item suits that scale (scale: 1 – this item should not be included in this scale; 2 – this item seems to be useful in this scale, but it is not crucial; 3 – this item is crucial for this scale).*
- 2) *Based on presented descriptions of traditional and modern patterns of motherhood and fatherhood, choose items related to these patterns.*

Description of traditional and modern patterns of motherhood and fatherhood have been prepared based on a comprehensive literature review (e.g., Bakiera, 2014; Elder, 1949; Fein, 1978; Fiorentine, 1988; Stubble et al., 2015; Szulich-Kałuża,

Wadowski, 2014; Włodarczyk, 2007) and consulted with an expert in the field. Judges were also asked to share any doubts, questions, and suggestions which may be helpful in the process of the questionnaire development. Items were assessed separately for the version for women (VOPQ-W) and men (VOPQ-M). Each judge was introduced to the topic by me during personal meetings and consultations. In case of any doubts, judges were asked to contact me to consult it. Based on the judges' assessment, the content validity ratio (CVR) for all items has been calculated. According to Lawshe (1975; cited in.: Hornowska, 2001), in the case of that number of judges, the minimal value of CVR should be .99. CVR value above 0 means that more than half of judges claimed that item was crucial for the scale. CVR value under 0 means that less than half of judges claimed that item was crucial for the scale. All items were claimed as proper linguistically. Details about that part of the work are presented in Table 1.

Table 1. CVR value for VOPQ items

	VOPQ-W	VOPQ-M
CVR > .99	61	52
CVR .99 - .00	34	40
CVR < .00	10	13

Source: own elaboration.

Based on judges' rates, scales related to the 'traditional' motherhood (27 items), 'traditional' fatherhood (19 items), 'modern' motherhood (45 items), and 'modern' fatherhood (61 items) were developed. Only items chosen by a minimum of two judges were included in each scale. The level of agreement between judges was moderate (W-Kendall: 0.45). That, and care about the content validity of the questionnaire, has led to the decision to include all items in the subsequent analysis steps (empirical study). This decision was discussed with an expert in the field.

STUDY 1

After developing an initial item pool (VOPQ-1, 108 items), this version of the VOPQ has been analyzed empirically. The internal reliability

of each scale, correlation of each item with the total-scale score, and estimation power of each item have been calculated.

Participants

The participants were 450 Polish people (61% women; 39% men) aged 18 to 35. Most participants (82%) came from families with parents living together. About half of the participants (49%) had a younger sibling, and 21% had a nephew or a niece. The sample was recruited in big cities (>100.000 citizens; 43%), small cities (10.000 – 100.000 citizens; 19%), and villages (29%). Most participants declared average (46%) or higher than average (51%) socio-economic status of the family of origin. Most people participating in the study (65%) declared a moderate worldview, while 21% declared

a liberal and only 13% conservative worldview. About half of the sample (48%) were singles, 40% of people were dating someone, 8% were engaged, and 4% were married.

Measurements and Procedure

Study 1 aimed to verify the psychometric properties of the Vision of Own Parenting Questionnaire (VOPQ). Participants were asked to complete a 108-item experimental version of VOPQ-1 (described in the previous part of the paper) and a self-report survey to gather socio-demographic data. This part of the research was carried out totally in a paper version. Participants were recruited in high schools and at universities by the students in the final years of MA course in psychology collaborating with me. All of the participants were volunteers. Statistical analyses were conducted in JAMOVI v.0.9.5.17.

Results

The findings of Study 1 will be presented and discussed in the two steps: the results of analyzes conducted on the 108-item version (VOPQ-1) and the results of reviewed 85-item version (VOPQ-2).

Internal reliability (Cronbach’s α) of each scale of the experimental version of VOPQ-1 was analyzed. An acceptable value of Cronbach’s α .70 was assumed. Firstly, analyzes were conducted for the whole data set. Because the vision of own parenting is a complex phenomenon and may be developed in various manners by women and men, the same analyzes were also conducted separately for both genders. Results of these analyzes have revealed the weakness of a few scales. For both genders: Preparation-Generally, Preparation-Knowledge; in the version for men: Preparation-Conditions, Combining Parenting and Other Areas of Life, Influence on a Child and Traditional Parenthood.

These results have indicated the necessity of revising scales and removing some items. Data about the scale’s reliability and the judges’ assessment were included in this process. Also, discriminant analyzes have been conducted. Items with estimation power under .30 have been excluded. It was also essential to preserve the parallelism of both versions of VOPQ (for women and men) and not decrease content validity. Based on the revision of VOPQ-1, the next version of the questionnaire (VOPQ-2; including 85 items) was prepared and analyzed (Table 2).

Table 2. Internal reliability of scales in VOPQ-2

	Number of items	Cronbach α		
		Women	Men	Total
Parenthood Planning (PL)	6 (-2)	.791	.798	.798
Preparation-Generally (PG)	6 (-2)	.789	.699	.763
Preparation-Knowledge (P-K)	4 (-2)	.610	.583	.619
Preparation-Maturity (P-M)	6 (-2)	.815	.817	.818
Preparation-Conditions (P-C)	7 (-2)	.835	.782	.815
Doubts (D)	6 (-2)	.829	.773	.815
Parenting Valuing (PV)	8	.939	.909	.929
Combining Parenting and Other Areas of Life (C)	6 (-2)	.708	.616	.675
Relationship with an Intimate Partner (R)	8 (-1)	.903	.832	.883
Upbringings Methods (UM)	12 (-3)	.804	.782	.792
Influence on a Child (I)	7 (-3)	.778	.742	.764
Ways of Spending Time (ST)	8 (-3)	.892	.839	.876

Traditional Parenthood	17/ 10 (-10/ -8)	.906	.712	–
Modern Parenthood	28/ 33 (-21/ -29)	.888	.928	–

Note: Number in brackets refers to the number of items removed from the scale after revision of the initial version of the VOPQ.

Source: own elaboration.

After removing the weakest items, most scales have reached an acceptable level of internal reliability, excluding the undermentioned: Preparation-Knowledge (for both versions), Preparation Generally, and Combining Parenting and Other Areas of Life (for men). This version was submitted for consecutive analyzes and validated.

STUDY 2

The aim of Study 2 was to: a) verify the internal reliability of the VOPQ on another group; b) establish criterion validity of the VOPQ by correlating the extension of the vision of own parenting with time perspective, life values, and sensitiveness. The rationale for choosing the constructs mentioned above and specific measures for them is presented in the following paragraphs.

Criterion validation

There are no other standardized questionnaires to measure the vision of own parenting or vision of one's life. Because of that, to verify the criterial accuracy of the VOPQ, few other constructs have been chosen. These choices were based on literature and results of studies on predictors of the content and the structure of predictions about one's future. The most important person-related predictors of the content and the structure of the vision of one's adult life are time perspective, life values, gender, and developmental outcomes. Although many authors (Czerwińska-Jasiewicz, 2015; Erikson, 1997, 2004; Lens, 1986; Nurmi, 1991; Nuttin, 1985) claimed that an extended future time perspective is crucial to forming realistic, well-structured, detailed, and elaborated imaginations of one's future, only a few of them have verified it in

empirical studies. The main conclusions of these research (Husman, Lens, 1999; Katra, 2008; Zaleski, 1991) are consistent with the theoretical thesis – an extended future time perspective is related to better structured and more extended predictions about one's future. Those predictions also refer to the longer period of future time. According to that, time perspective was included in the study as a validating criterion. Two questionnaires referring to the various conceptualization of time perspective were adopted for the study – Zimbardo Time Perspective Inventory (Zimbardo, Boyd, 1999) and Future Time Perspective Questionnaire (Lens, 1986). It was predicted that more future-oriented people would have a more extended and elaborated vision of their own parenting, which may be understood as part of the vision of one's adult life. Contrary, it was hypothesized that more present- and past-oriented people would have less extended VOP and more doubts about being a parent in the future (especially those with a strong present-fatalistic orientation).

The role of life values for formulating life goals and plans has been widely described in the literature (e.g., Czerwińska-Jasiewicz, 2005, 2015; Inhelder, Piaget, 1970; Nurmi, 1991; Nuttin, 1985; Tyszkowa, 1985; Zaleski, 1991). Also, many empirical studies (e.g., Biernat et al., 2007; Matthews, Tiedeman, 1964; Morinaga et al., 1993; Sinisalo, 2004; Turska et al., 2012) showed that the content of imaginations about one's future is significantly rooted in individual's structure of life values. In line with that, life values were included in the study as a second validating criterion. Measuring life values was based on the conceptualization developed by Schwartz and colleagues (2012). It was predicted that stronger identification with self-transcendent (e.g., universalism, benevolence) and openness-to-change (e.g., self-direc-

tion in thinking and acting) would be related to more extended VOP. Results for people who are firmly attached to values related to self-enhancement (e.g., achievements, power on resources, and people) should be the opposite.

Since empirical evidence confirmed the importance of empathy in adaptation to parenting (Każmierczak, 2015; Plopa et al., 2019), this factor has also been included in the research model. More empathetic people may be more involved in parenting yet on the stage of preparation and mental pre-elaboration of that topic. It was hypothesized that stronger emotional and cognitive empathy would be positively correlated to a more extended vision of own parenting, especially for aspects referring to involvement in a relationship with a child (spending time, upbringing methods).

Participants

The participants were 352 Polish people (50% men and women) aged from 17 to 28 ($M = 19.57$; $SD = 2.48$). Most participants (79%) came from families with parents living together. The sample was recruited in big cities (>1 00.000 citizens; 30%), small cities (10.000 – 100.000 citizens; 36%), and villages (34%). Most participants declared average (46%) or higher than average (51%) socio-economic status of the family of origin. Most people participating in the study (68%) declared a moderate worldview, 25% declared a liberal, and only 7% conservative worldview. About half of the sample (54%) were singles, 41% of people were in a romantic relationship, 3% were engaged, and 2% were married.

Measurements

In this part of the project second version of VOPQ (VOPQ-2) was tested and validated. To measure constructs used in the validation process following questionnaires were used:

Time Perspective – to measure time perspective, the Polish adaptation (Przepiórka, 2011) of the Zimbardo Time Perspective Inventory (ZTPI; Zimbardo, Boyd, 1999) was used. ZTPI has 56 items divided into five scales related to

five ways of putting time in perspective and view on it: Past-negative, Past-positive, Present-hedonistic, Present-fatalistic, and Future.

Also, the Polish adaptation (Cycoń, Zaleski, 1998) of the shortened version of the Future Time Perspective Questionnaire (Katra, 2008; Lens, 1986) was used in the study. That version of FTPQ consists of 30 items divided into three scales (10 items on each scale) – the Concern on Current Issues, Long-term Planning, and Realization of Projects of the Future.

Empathy – to measure the level of empathy, the Empathic Sensitiveness Scale (SWE; Kaźmierczak et al., 2007) was used. SWE includes 28 items divided into three scales: Empathic Concern (EC), Personal Distress (PD), and Perspective Taking (PT).

Life Values – to measure life values, the Polish adaptation (Cieciuch, Schwartz, 2018) of the Portrait Values Questionnaire (PVQ-RR; Schwartz, 2017; cited in Cieciuch, Schwartz, 2018) was used. This questionnaire includes 57 items and is used to measure 19 precisely defined life values based on modified Shalom Schwartz's model (2012): Self-Direction-Thought (SDT), Self-Direction-Action (SDA), Stimulation (ST), Hedonism (HE), Achievement (AC), Power-Resources (POR), Power-Dominance (POD), Face (FAC), Security-Personal (SEP), Security-Societal (SES), Tradition (TE), Conformity-Rules (COR), Conformity-Interpersonal (COI), Humility (HU), Benevolence-Dependability (BED), Benevolence-Caring (BEC), Universalism-Concern (UNC), Universalism-Nature (UNN), Universalism-Tolerance (UNT). Each scale contains three items. This list can be reduced to four main groups of values: Self-Transcendence (UNT, UNN, UNC, BEC, BED, HU), Openness to Change (HE, ST, SDA, SDT), Self-Enhancement (FAC, POR, POD, AC) and Conservation (COI, COR, TR, SES, SEP).

Socio-demographic variables – to gather socio-demographic data self-report survey was used.

Procedure

This part of the research was carried out totally in a paper format. Participants were recruited

in high schools and at universities by the students in the final years of MA course in psychology collaborating with me. Participants were gratified with a cinema ticket for taking part in the study.

Data Analytic Approach

Cronbach's alphas were used to assess internal reliability. Exploratory Factor Analyses were used to look for a possibility of reducing the number of scales. Confirmatory Factor Analyses were conducted to assess how well the data fit the proposed model. A range of indices was used. These were the chi-square value and corresponding *p-value*, the relative chi-square statistic, the root mean square error of approximation (RMSEA), the standardized root mean square residual (SRMR), and the comparative fit index (CFI). Widely adopted guidelines are available to gauge how well a model fits data. These are values $\leq .08$ for the RMSEA and SRMR and $\geq .95$ for the CFI (Bentler, 1990). More recent, stricter guidelines are also commonly used, RMSEA $\leq .06$, SRMR $\leq .09$, and CFI $\geq .95$ (Hu, Bentler, 1999). It must be noted that these guidelines for fit indices do not represent cut-off scores for decision-making about whether models do or do not fit the data (Marsh et al., 2004). Instead, they provide a broad benchmark of how well (or poorly) the proposed model fits the data. Pearson correlation was used to assess associations between the VOPQ subscales and validity measures. Finally, gender differences have been analyzed by an independent samples *t*-test.

Results

The first set of analyzes was conducted to rate the internal reliability of each scale. Results were similar to those in Study 1. In both versions (for women and men), scales Preparation-Knowledge and Combining Parenting and Other Areas of Life have not reached the proper level of Cronbach's α . Also, internal reliability of scale Preparation-Generally in the version for men was lower than acceptable. The Kaiser-Meyer-Olkin measure of sampling adequacy (.865) and a significance level of Bartlett's test of sphericity ($p < .001$) indicated the data were suitable for factor analysis. Exploratory Factor Analyses were conducted to verify the theoretical model of subscales. Eight factors (explaining 46% of total variation) were extracted. According to the aforementioned results, four decisions have been made: a) six items were excluded from the questionnaire; b) two remaining items from the scale Preparation-Generally (related to gaining knowledge and competencies as the way of preparation for being a parent) have been added to the scale Preparation-Knowledge; c) the remaining items from the scale Combining Parenting and Other Areas of Life (related to the doubts about that) have been added to the scale Doubts; d) four items from the scale Upbringing Methods and one from the scale Influence on a Child were combined into a new scale named Strict Upbringing, which refers to strict discipline, a requirement of obedience, and upbringing methods like punishing and spanking. After that, all scales (excluding Strict Upbringing in the version for women and Influence on a Child in the version for men) reached the proper value of Cronbach's α as a measure of internal reliability (Table 3). Final version of the VOPQ is available in Online Supplemental Materials.

Table 3. Internal reliability of scales in VOPQ-3

	Number of items	Cronbach α		
		Women	Men	Total
Parenthood Planning (PL)	6	.784	.801	.792
Preparation-Knowledge (P-K)	6 (+2)	.793	.753	.776
Preparation-Maturity (P-M)	6	.840	.782	.816
Preparation-Conditions (P-C)	7	.846	.793	.823
Doubts (D)	11 (+5)	.819	.769	.795
Parenting Valuing (PV)	8	.902	.880	.891
Relationship with an Intimate Partner (R)	8	.854	.799	.828
Upbringings Methods (UM)	7 (-5)	.848	.779	.816
Strict Upbringing (SU)	5	.668	.757	.720
Influence on a Child (I)	6 (-1)	.750	.693	.724
Ways of Spending Time (ST)	8	.882	.821	.857
Traditional Parenthood	17 (W) / 9 (-1) (M)	.896	.728	–
Modern Parenthood	26 (-2) (W) / 28 (-5) (M)	.922	.882	–

Note: Number in brackets refers to the number of items removed from/ added to the scale after revision of the initial version of the VOPQ.

Source: own elaboration.

The complete list of scales included in the final version of the VOPQ, their description, and examples of items are presented in Table 4. The

final version of the Vision of Own Parenting Questionnaire consists of 78 items divided into 11 scales.

Table 4. VOPQ scales description

Scale	Description	Example of an item
Parenthood Planning (PL)	Scale related to the parenthood planning – desired number of children, preference of the moment of having the first and the last baby and generally about reflection on family planning. A high score in this is characteristic of people who have thought about family, which they are predicting to have.	I have thought a lot about how many children I want to have
Preparation-Knowledge (P-K)	Scale related to the predictions about involvement in the various forms of preparation to becoming a parent aimed at gaining knowledge and competences related to child upbringing and child development. A high score in this scale is characteristic of people who highly value gaining knowledge and the aforementioned competences in the process of preparing for being a parent and also predict their massive effort in gaining them.	I will attend antenatal classes to be better prepared to be a parent.

Preparation-Maturity (P-M)	Scale related to the perceiving general maturity (emotional, social, spiritual) as the important part of preparation to the parenthood. A high score in this scale is characteristic of people highly valuing personal maturity as the part of preparation for being a parent and aimed at getting it during preparation for parenthood.	Preparation for parenthood is, for me, related to becoming a mature person.
Preparation-Conditions (P-C)	Scale related to perceiving some conditions as the important to find a specific moment as a good to have children. These conditions may be related to economic, interpersonal and intra-personal aspects. A high score in this scale is characteristic of people perceiving many of the aforementioned conditions and predicting that they will be trying to reach them before the decision about becoming a parent.	Having a stable and well-paid job is necessary to start considering a specific moment in my life as good to have children.
Doubts (D)	Scale related to the intensity of doubts related to being a parent in the future. These doubts may be related to person himself/herself or her/his life-partner. A high score in this scale is characteristic of people having many doubts about becoming a parent in the future.	I am afraid that becoming a parent may influence my life.
Parenting Valuing (PV)	Scale related to the rank of parenthood in the life goals hierarchy of the person and that how important element of one's future is being a parent. A high score is characteristic of people who highly value being a parent and perceive it as an important part of their future life.	Becoming a parent is one of my biggest dreams.
Relationship with an Intimate Partner (R)	Scale related to the predictions about influence of becoming a parent on intimate relationship with a life-partner. A high score in this scale is characteristic of people who predict that having a common child will lead to improve quality of their intimate relationship.	My intimate relationship will be more complete when we become parents.
Upbringings Methods (UM)	Scale related to predicted form of child upbringing and behaviors related to that. A high score in this scale is characteristic of people with extended imagination about upbringing methods which they will be using.	I will let my child learn from their own mistakes.
Strict Upbringing (SU)	Scale related to the predictions about being a strict parent, which includes punishing children, disciplining them, expecting obedience, and following rules. A high score in this scale is characteristic of people predicting being a strict parent.	I will punish my child if he or she does something inappropriate.

Influence on a Child (I)	Scale related to the imagination about strength and sources of influence on a child life and predicted areas of this influence. A high score in this scale is characteristic of people predicting having strong influence on their child's life and perceiving many potential areas of it and the source of it.	My influence on my child's life will be rooted in being a model and authority for him/her.
Ways of Spending Time (ST)	Scale related to predictions about ways of spending time with a child and the intensity of engagement in relation with him or her. A high score in this scale is characteristic of people who predicted spending time with a child in multiple and various ways.	I will often go to the zoo, cinema etc. with my child.
Traditional Parenthood (TP)	Scale related to influence of traditional patterns of maternal/paternal role on the person's VOP. A high score is characteristic of people whose VOP is strongly rooted in the traditional patterns of the parental role.	Different items were included in this scale for men and women.
Modern Parenthood (MP)	Scale related to influence of modern patterns of maternal/paternal role on the person's VOP. A high score is characteristic of people whose VOP is strongly rooted in the modern patterns of the parental role.	Different items were included in this scale for men and women.

Source: own elaboration.

Based on items included in this revised version (VOPQ-3), next EFA was conducted. Seven factors (explaining 46% of total variation) were extracted. As shown in Table 5, they were approximately consistent with the theoretical conceptualization of the VOP and scales of the VOPQ.

Factor 1 and Factor 6 may be claimed as related to the aspect of the VOP named Taking Part in a Child Life. Factor 3 and Factor 5 may be claimed as related to the aspect of the VOP named Preparation to Parenting. Factor 7 may

be claimed as related to the Parenthood Planning aspect of the VOP. Two other aspects of the VOP (Parenting Valuing and Relation Between Parenting and Other Areas of Life) have not been directly reflected in the data. According to data, items included in scales related to these aforementioned aspects (Parenting Valuing, Doubts, and Relations with an Intimate Partner) may be considered as related to Optimistic Attitude toward Parenthood (Factor 2) and Pessimistic Attitude Toward Parenthood (Factor 4).

Table 5. Factor Loadings and Descriptive Statistics for VOPQ-3 in Study 2

Scale	Item	Factor							Item scores		Skewness	Kurtosis	Item-to-total Pearson's r (within subscales)	Standardized Estimate		
		1	2	3	4	5	6	7	M	SD						
PL	VOPQ1		0.346							0.481	3.75	1.42	-0.34	-0.65	.502	.614
PL	VOPQ9		0.304							0.346	3.45	1.74	0.00	-1.37	.452	.470
PL	VOPQ26		0.393							0.683	3.30	1.56	0.11	-1.09	.719	.842
PL	VOPQ37		0.329							0.340	3.69	1.49	-0.13	-0.99	.503	.538
PL	VOPQ45									0.527	2.64	1.48	0.74	-0.32	.456	.498
PL	VOPQ66		0.384							0.717	3.32	1.46	0.04	-0.94	.663	.778
P-K	VOPQ10					0.526					3.41	1.35	0.07	-0.60	.551	.592
P-K	VOPQ18	0.382				0.577					4.48	1.15	-0.50	-0.34	.604	.765
P-K	VOPQ27			0.349		0.548					4.11	1.34	-0.26	-0.52	.511	.626
P-K	VOPQ38					0.696					3.39	1.35	0.05	-0.57	.629	.655
P-K	VOPQ39					0.352					4.23	1.35	-0.47	-0.50	.354	.411
P-K	VOPQ46					0.482					2.91	1.22	0.38	-0.10	.509	.549
P-M	VOPQ11	0.425				0.524					4.65	1.18	-0.76	0.34	.510	.550
P-M	VOPQ2					0.335	0.360				4.49	1.41	-0.77	-0.14	.503	.522
P-M	VOPQ28					0.424	0.418				4.33	1.17	-0.59	0.12	.606	.645
P-M	VOPQ40					0.341	0.506				4.72	1.07	-0.91	0.74	.592	.690
P-M	VOPQ47	0.357					0.634				4.61	1.10	-0.78	0.52	.708	.815
P-M	VOPQ57	0.315					0.629				4.83	1.08	-0.92	0.73	.598	.715
P-C	VOPQ12						0.542				4.89	1.37	-1.09	0.25	.467	.514
P-C	VOPQ29						0.585				4.75	1.44	-1.05	0.32	.552	.578
P-C	VOPQ3						0.640				4.72	1.21	-0.81	0.05	.593	.681
P-C	VOPQ41						0.481				4.40	1.24	-0.42	-0.71	.526	.563
P-C	VOPQ49						0.715				4.52	1.25	-0.79	0.28	.604	.697
P-C	VOPQ58						0.585				4.59	1.23	-0.73	0.00	.599	.643
P-C	VOPQ68						0.718				4.77	1.21	-1.01	0.66	.637	.744

PV	VOPQ14		0.681							4.13	1.47	-0.536	-0.527	.684	.724
PV	VOPQ20		0.594							4.03	1.52	-0.49	-0.70	.613	.639
PV	VOPQ31		0.762							3.81	1.50	-0.26	-0.79	.762	.792
PV	VOPQ43		0.659							3.73	1.35	-0.33	-0.63	.692	.745
PV	VOPQ50		0.687							4.19	1.31	-0.73	-0.01	.670	.735
PV	VOPQ5		0.733							3.57	1.52	-0.03	-0.91	.715	.788
PV	VOPQ60		0.548							4.37	1.46	-0.59	-0.47	.610	.639
PV	VOPQ70		0.536						0.352	3.47	1.35	-0.09	-0.70	.594	.629
R	VOPQ15		0.812							4.30	1.22	-0.57	0.00	.67	.865
R	VOPQ22		0.629							4.37	1.21	-0.60	0.15	.589	.731
R	VOPQ51	0.437	0.532							4.95	1.02	-1.21	2.21	.599	.663
R	VOPQ6		0.763							4.25	1.29	-0.75	0.21	.656	.842
R	VOPQ72		0.596							4.25	1.21	-0.61	0.38	.635	.694
R	VOPQ33		0.347				-0.551			4.53	1.28	-0.80	0.29	.509	.439
R	VOPQ62						-0.509			4.12	1.20	-0.35	-0.12	.445	.359
R	VOPQ76						-0.475			4.12	1.29	-0.49	-0.19	.355	.233
D	VOPQ19		-0.379				0.522			3.61	1.21	0.35	-0.44	.513	.628
D	VOPQ21						0.520			4.08	1.07	-0.29	0.24	.480	.545
D	VOPQ30						0.520			3.69	1.33	-0.08	-0.67	.497	.524
D	VOPQ32						0.519			3.46	1.27	0.02	-0.47	.370	.385
D	VOPQ42						0.371			2.99	1.40	0.51	-0.46	.270	.306
D	VOPQ59						0.516			3.78	1.33	-0.15	-0.62	.488	.498
D	VOPQ61						0.540			4.26	1.26	-0.53	-0.04	.480	.544
D	VOPQ69						0.682			3.65	1.29	0.14	-0.64	.699	.782
D	VOPQ71						0.543			3.70	1.26	-0.12	-0.28	.409	.448
D	VOPQ13		-0.484	0.331			0.405			2.93	1.47	0.52	-0.53	.486	.599
D	VOPQ4		-0.348							3.39	1.65	0.03	-1.17	.349	.448
ST	VOPQ17	0.633								4.93	0.95	-0.95	1.26	.698	.744
ST	VOPQ25	0.419								4.81	1.09	-0.80	0.51	.522	.560
ST	VOPQ36	0.379								4.42	1.23	-0.57	-0.09	.368	.424
ST	VOPQ54	0.543	0.358							4.57	1.12	-0.86	0.90	.676	.733

ST	VOPQ56	0.656								5.12	0.99	-1.50	3.05	.681	.731
ST	VOPQ65	0.537	0.379							4.65	1.03	-0.82	1.31	.667	.713
ST	VOPQ75	0.646								5.00	1.01	-1.22	2.12	.596	.635
ST	VOPQ77	0.617								4.56	1.12	-0.73	0.52	.668	.728
UM	VOPQ34	0.560		0.307						5.22	0.96	-1.63	3.71	.456	.581
UM	VOPQ44	0.524								4.51	1.10	-0.95	1.28	.510	.572
UM	VOPQ52	0.513								4.78	0.97	-0.91	1.41	.490	.524
UM	VOPQ55	0.562						0.458		4.87	0.98	-1.06	1.74	.546	.617
UM	VOPQ73	0.723								4.91	0.96	-1.11	2.11	.621	.720
UM	VOPQ74	0.679						0.344		4.88	1.04	-1.28	2.26	.629	.689
UM	VOPQ78	0.649						0.402		4.89	1.02	-1.46	3.34	.639	.668
SU	VOPQ7							0.486		3.96	1.17	-0.29	0.10	.554	.617
SU	VOPQ8	0.331						0.373		5.17	0.91	-1.20	2.07	.380	.518
SU	VOPQ23							0.696		4.15	1.16	-0.32	-0.08	.495	.693
SU	VOPQ48							0.492		2.73	1.48	0.46	-0.79	.594	.439
SU	VOPQ63							0.692		3.46	1.24	0.07	-0.39	.403	.688
I	VOPQ16	0.456								4.74	1.08	-0.74	0.60	.491	.522
I	VOPQ24	0.486								5.01	1.02	-1.43	2.88	.437	.566
I	VOPQ35	0.376								4.49	1.07	-0.74	0.79	.370	.434
I	VOPQ53	0.601				0.310				4.83	0.96	-0.83	1.12	.487	.675
I	VOPQ64	0.398						0.338		4.41	1.05	-0.76	1.09	.447	.521
I	VOPQ67	0.514								4.61	1.04	-0.88	1.45	.521	.575

Legend: PL – Parenthood Planning, P-K: Preparation-Knowledge, P-M: Preparation-Maturity, P-C: Preparation-Conditions, D – Doubts, PV – Parenting Valuing,
R – Relationship with an Intimate Partner, ST – Ways of Spending Time, UM – Upbringing Methods; SU – Strict Upbringing; I – Influence on a Child.
Source: own elaboration.

Table 6. Fit indices for Confirmatory Factor Analyses on VOPQ items in Study 2

	χ^2	df	χ^2 / df	<i>p</i>	RMSEA	RMSEA [90% CI]	SRMR	CFI
One-factor model	11410	2925	3.90	<.001	.092	[.0902; .0937]	.129	.346
Five-factor model (I)	8352	2915	2.87	<.001	.074	[.0719; .0756]	.106	.581
Five-factor model (II)	7871	2915	2.70	<.001	.070	[.0685; .0723]	.101	.618
Seven-factor model	7313	2904	2.52	<.001	.067	[.0646; .0684]	.097	.660
Final eleven-factor model	6887	2870	2.40	<.001	.064	[.0620; .0658]	.091	.691

Legend: df = degrees of freedom; RMSEA = root mean square error of approximation; CI = confidence interval; SRMR = standardized root mean square residual; CFI – comparative fit index.

Source: own elaboration.

As the next step, a few Confirmatory Factor Analyses were conducted. The following models were tested: one-factor model (all items loading one-factor ‘Extension of the VOP’), two five-factor models (I: related to the theoretical division of the VOP to five aspects; II: being a mix of the theoretical model and empirical division of the VOP for five aspects which have been extracted in EFA and described in the previous paragraph), seven-factor model (related to the results of the EFA described in the previous paragraph) and eleven-factor model (including eleven scales from the revised version of VOPQ). As shown in Table 6, the eleven-factor model seems to be the best for the data. It must be conceded that some parameters have not achieved the rate assumed in the literature – SRMR is a little higher than a .90, and CFI is much lower than .95. Accordingly, it should be highlighted that the model seems to not perfectly fit the data in all parameters. However, it may occur in scales consisting of many items

and subscales like the VOPQ. Standardized factor loadings in this eleven-factor model are shown in Figure 1.

Scales intercorrelations

As shown in Table 7, most of the VOPQ scales correlate with one another. This result is consistent with theoretical assumptions – different aspects of the VOP may be related to others. What is important, the strongest correlations were observed between scales related to the same aspect of the VOP (e.g., between scales related to Preparation [P-K, P-M, P-C] and scales related to Taking Part in a Child Life [UM, I, ST]). Negative correlations between the intensity of doubts and high valuing of parenting and predicting improvement in the intimate relationship after childbirth are also consistent with the theoretical background of the questionnaire. Table 7 presents also results on factor covariances.

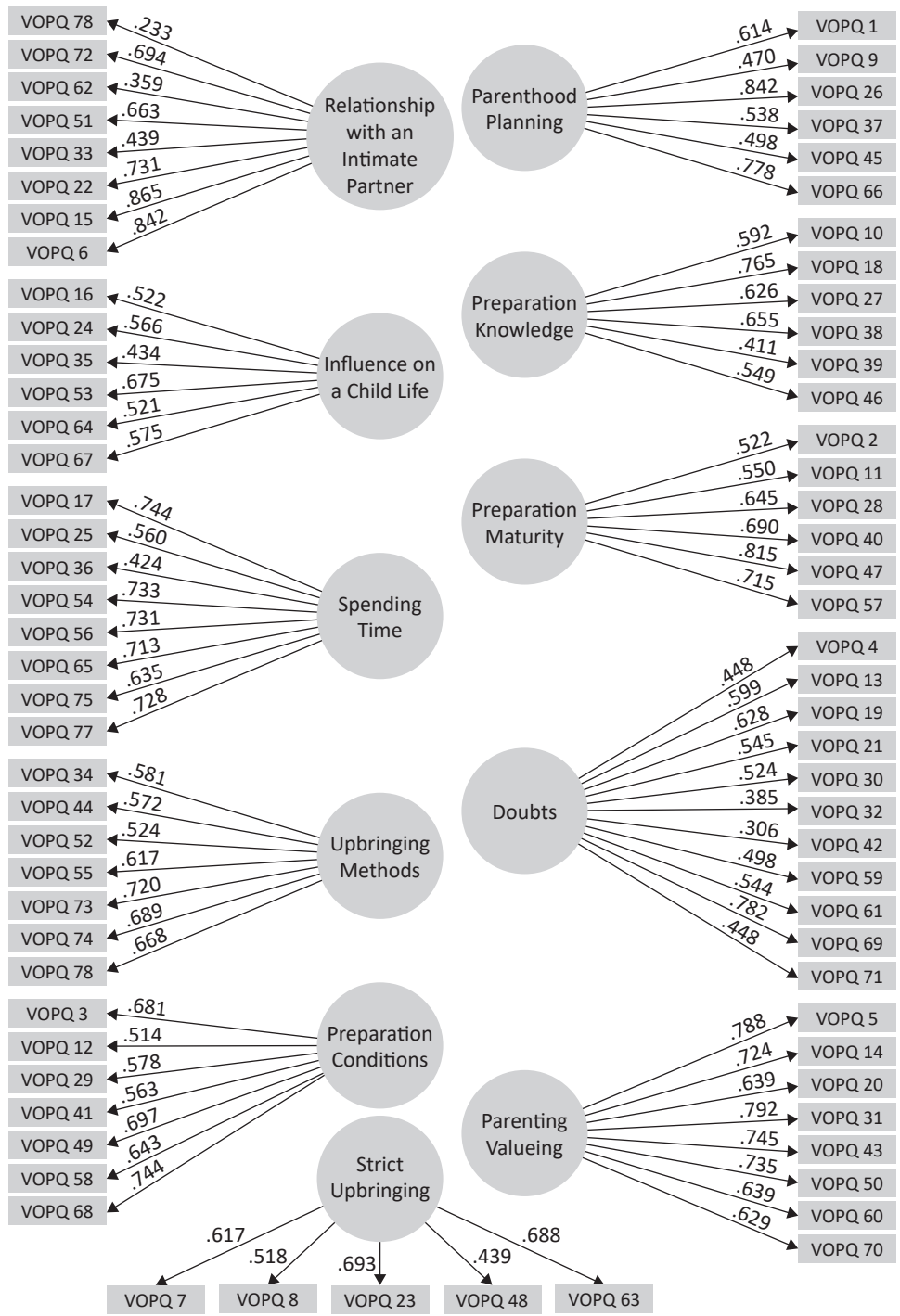


Figure 1. Eleven factor model of the VOPQ with standardized factor loadings
 Source: own elaboration.

Table 7. VOPQ scales intercorrelations and factor covariances

Scale	PL	P-K	P-M	P-C	D	PV	R	UM	SU	I	ST
Parenthood Planning (PL)	–	.249 ***	.066	-.112 *	-.212 ***	.600 ***	.461 ***	.176 **	.152 **	.167 **	.307 ***
Preparation-Knowledge (P-K)	.335 ***	–	.542 ***	.283 ***	.146 **	.186 ***	.300 ***	.264 ***	-.061	.286 ***	.441 ***
Preparation-Maturity (P-M)	.088	.629 ***	–	.635 ***	.337 ***	.054	.209 ***	.494 ***	.057	.518 ***	.470 ***
Preparation-Conditions (P-C)	-.051	.399 ***	.836 ***	–	.329 ***	-.199 ***	-.009	.371 ***	.098	.339 ***	.285 ***
Doubts (D)	-.231 ***	.183 **	.420 ***	.445 ***	–	-.224 ***	-.289 ***	.149 **	.132 *	.150 **	-.030
Parenting Valuing (PV)	.684 ***	.234 ***	.067	-.170 **	-.282 ***	–	.658 ***	.229 ***	.132 *	.311 ***	.301 ***
Relationship with an Intimate Partner (R)	.533 ***	.360 ***	.295 ***	.048	-.192 **	.829 ***	–	.379 ***	.069	.384 ***	.508 ***
Upbringings Methods (UM)	.268 ***	.364 ***	.608 ***	.428 ***	.168 *	.312 ***	.507 ***	–	.311 ***	.730 ***	.661 ***
Strict Upbringing (SU)	.244 ***	-.020	.085	.124	.184 **	.175 **	.187 **	.443 ***	–	.308 ***	.017
Influence on a Child (I)	.314 ***	.474 ***	.676 ***	.434 ***	.175 *	.423 ***	.572 ***	.945 ***	.427 ***	–	.611 ***
Spending Time (ST)	.399 ***	.583 ***	.574 ***	.363 ***	-.041	.454 ***	.570 ***	.807 ***	.087	.812 ***	–

* $p < .05$. ** $p < .01$. *** $p < .001$

Note: The upper part of the table presents intercorrelations between factors and the lower one presents factor covariances.

Source: own elaboration.

Table 8. Correlation between the structure of the VOP and future time perspective (FTPQ), and time perspective (ZTPI)

	PL	P-K	P-M	P-C	D	PV	R	UM	SU	I	ST
Concern on Current Issues	-.294 ***	-.037	-.047	.068	.026	-.238 ***	-.182 *	-.067	.067	.042	.038
Long-term Planning,	.150 *	.248 ***	.184 **	.090	-.061	.149 *	.270 ***	.168 *	.172 *	.199 ***	.176 *
Realisation of Projects of the Future	.132	.290 ***	.276 ***	.163 *	.001	.178 *	.343 ***	.279 ***	.150 *	.272 ***	.289 ***
Past-Negative	.048	.163	.132	.195 *	.406 ***	-.016	-.142	-.088	.082	-.011	-.002
Past-Positive	.142	.028	.143	.067	-.215 *	.266 **	.216 *	.342 ***	.140	.341 ***	.383 ***
Present-Hedonistic	.024	-.013	.157	.060	-.012	.151	.206 *	.157	.020	.142	.343 ***
Present-Fatalistic	-.103	-.198 *	.007	-.003	.260 **	.015	-.146	-.161	.053	-.138	-.122
Future	.174 *	.303 ***	.273 **	.311 ***	.142	.082	.162	.336 ***	.163	.263 **	.274 **

* $p < .05$, ** $p < .01$, *** $p < .001$

Legend: PL – Parenthood Planning, P-K – Preparation-Knowledge, P-M – Preparation-Maturity, P-C – Preparation-Conditions, D – Doubts, PV – Parenting Valuing, R – Relationship with an Intimate Partner, UM – Upbringing Methods, SU – Strict Upbringing, I – Influence on a Child, ST – Ways of Spending Time.
Source: own elaboration.

Criterion validation

As was predicted, time perspective was significantly correlated with the extension of the VOP. Some negative correlations between concern on current issues and extension of the VOP were observed. Long-term Planning, Realization of Projects of the Future, and Future Time Perspective were generally positively correlated with more extended VOP, especially in preparation for parenting and taking part in a child’s life. Interestingly, a positive correlation was also between more extended VOP and a positive attitude toward the past. In some aspects, these correlations were even stronger than those with the future orientation. Surprisingly, a negative attitude toward the past was moderately positively correlated with having more doubts about being a parent in the future. Detailed results of the correlational analyses between the extension of the VOP and time perspective are presented in Table 8.

As shown in Table 9, empathy also correlated with the extension of the VOP. These correlations were the strongest in ‘relational’ aspects of the VOP (relation with an intimate partner and scales related to taking part in a child’s life).

Table 10 presents the correlations between the results of VOPQ and PVQ-RR. According to the data in this table, it is apparent that the strongest correlation was observed between the level of extension of the VOP (especially aspects of Preparation and Taking Part in a Child’s Life) and ‘Self-Transcendence’ (e.g., universalism, benevolence) and ‘Openness to Change’ values (self-direction in action and thinking).

Taken together, these results are generally consistent with predictions. More extended VOP was related to future time perspective, higher empathy, and higher valuing values related to self-transcendence and openness to change. Nevertheless, observed correlations were not as strong as predicted. These results will be discussed in the next part of the paper concerning the possibilities of further development and use of VOPQ.

Finally, the vision of own parenting has been compared between men and women. Our analyzes have not revealed many significant gender differences in the vision of own parenting. They were observed only in two aspects of the VOP – Preparation-Knowledge ($t(334, 329) = -2.027; p < .05; d = -.22$), and Preparation-Maturity ($t(330, 332) = -2.153; p < .05; d = -.24$). Surprisingly, in both of them men had more extended VOP than women.

Table 9. Correlations between the structure of the VOP and empathy (SWE)

	PL	P-K	P-M	P-C	D	PV	R	UM	SU	I	ST
Empathic Concern	.149 **	.321 ***	.285 ***	.065	.037	.245 ***	.310 ***	.296 ***	-.111 *	.232 ***	.389 ***
Personal Distress	.067	-.008	-.130	-.180 **	-.018	.109	.028	-.032	-.012	-.027	.007
Taking Perspective	.004	.339 ***	.337 ***	.168 **	.080	.082	.216 ***	.216 ***	-.178 **	.173	.320 ***

* $p < .05$. ** $p < .01$. *** $p < .001$

Legend: PL – Parenthood Planning, P-K – Preparation-Knowledge, P-M – Preparation-Maturity, P-C – Preparation-Conditions, D – Doubts, PV – Parenting Valuing, R – Relationship with an Intimate Partner, UM – Upbringing Methods, SU – Strict Upbringing, I – Influence on a Child, ST – Ways of Spending Time.

Source: own elaboration.

Table 10. Correlations between the structure of the VOP and life values (PVQ-RR)

	PL	P-K	P-M	P-C	D	PV	R	UM	SU	I	ST
HE	-.028	.008	-.004	-.036	-.069	.042	.064	.095	.006	.062	.128 *
STI	-.054	.087	-.007	-.050	-.057	.062	.093	.066	-.019	.032	.157 *
SDA	-.027	.127 *	.166 **	.066	-.147 *	.017	.159 **	.314 ***	-.011	.221 ***	.308 ***
SDT	.028	.194 **	.220 ***	.076	-.090	.010	.149 *	.249 ***	-.074	.197 **	.278 ***
UNT	.014	.345 ***	.209 ***	.044	-.019	.036	.165 **	.178 **	-.224 ***	.045	.315 ***
UNN	.004	.301 ***	.139 *	-.018	-.019	.073	.008	.084	-.012	.089	.193 **
UNC	.089	.309 ***	.229 ***	.022	-.005	.168 **	.207 ***	.195 **	-.136 *	.133 *	.342 ***
BEC	.137 *	.168 **	.138 *	-.013	-.093	.271 ***	.334 ***	.288 ***	-.000	.248 ***	.357 ***
BED	.102	.213 ***	.212 ***	.040	-.062	.210 ***	.352 ***	.341 ***	.015	.301 ***	.377 ***
HU	-.005	.163 **	.031	-.096	-.023	.177 **	.206 ***	.102	.028	.055	.139 *
COI	.089	.236 ***	.040	-.056	.037	.128 *	.134 *	.009	.078	.003	.104
COR	.016	.241 ***	.023	-.029	.004	.047	.057	.151 *	.102	.033	.072
TR	.046	.031	-.028	-.121 *	-.075	.210 ***	.146 *	.155 *	.196 *	.106	.078
SES	.040	.133 *	.084	-.075	-.093	.139 *	.063	.114	.182 **	.139 *	.109
SEP	.034	.230 ***	.100	.057	-.105	.092	.081	.160 **	.074	.153 *	.240 ***
FAC	-.002	.089	.088	.073	-.016	.018	.144 *	.103	.128 *	.090	.109
POR	-.060	-.166 **	-.146 *	-.052	.016	-.092	-.211 ***	-.169 **	.094	-.118	-.250 ***
POD	-.034	-.219 ***	-.232 ***	-.071	.069	-.075	-.272 ***	-.142 *	.210 ***	-.100	-.303 ***
AC	-.040	.111	.138 *	.118	-.041	.085	.115	.242 ***	.028	.165 **	.161 *

* $p < .05$. ** $p < .01$. *** $p < .001$

Legend: PL – Parenthood Planning, P-K – Preparation-Knowledge, P-M – Preparation-Maturity, P-C – Preparation-Conditions, D – Doubts, PV – Parenting Valuing, R – Relationship with an Intimate Partner, UM – Upbringing Methods, SU – Strict Upbringings, I – Influence on a Child, ST – Ways of Spending Time; HE – Hedonism, STI – Stimulation, SDA – Self-Direction-Action, SDT – Self-Direction-Thought, UNT – Universalism-Tolerance, UNN – Universalism-Nature, UNC – Universalism-Concern, BEC – Benevolence-Caring, BED – Benevolence-Dependability, HU – Humility, COI – Conformity -Interpersonal, COR – Conformity-Rules, TR – Tradition, SES – Security-Societal, SEP – Security-Personal, FAC – Face, POR – Power-Resources, POD – Power-Dominance, AC – Achievement.
Source: own elaboration.

DISCUSSION

The project's initial objective was to develop a standardized questionnaire to measure the level of the vision of own parenting extension and its content. As mentioned in the introduction, there is no other similar questionnaire, so realizing the project's goals was connected with the need to study the literature in this area deeply. The observed diversity of parental experience and changes in contemporary societies has led to the infeasibility of generating items only based on existing literature without conducting exploratory studies on the vision of own parenting. It must be highlighted that the studied literature was narrowed to Polish and English language papers.

Most of the generated items were assessed by judges as consistent with the theoretical conceptualization of the VOP and properly fitted to scales. Items rated as not fitting to the scales have been excluded from the questionnaire in the later steps of work on it. The findings from Study 1 have led to reducing the number of items from 105 to 85. This number was reduced one more time (to 78) based on the results of EFA and analysis of the internal reliability of scales in Study 2. Although factors extracted in EFA were not completely consistent with developed scales of VOPQ, they were related to theoretically assumed aspects of the VOP. The results of CFA have revealed that the final eleven-factor model seems to be the best and fitted to data at an acceptable level. The VOPQ subscales were found to correlate significantly, especially inside each of the five aspects of the VOP. This supports the notion that these aspects are related to each other but still separated. Despite the high correlations between some subscales, an eleven-factor solution provided a superior fit to the data relative to more simple factor structures in CFAs of Study 2. Also, all EFAs showed that it is impossible to reduce the VOP to one general factor.

Regarding convergent and discriminant validity, the VOPQ subscales predominantly correlated in the expected directions with the validity measures that were employed. Study 2

showed that responses to the extension of the VOP are significantly correlated with the time perspective, empathic sensitiveness, and life values. These results are consistent with those of other studies (Husman, Lens, 1999; Katra, 2008; Zaleski, 1991) and suggest that having extended predictions about own future is correlated with having a future time perspective. Surprisingly, the extension of the VOP was found to be also related to attitudes toward the own past. Maybe a positive or negative attitude toward own past is related to self-efficacy, self-confidence, and trust in each other and oneself – which may be related to forming predictions about one's future. Findings of this study also support previous research (Biernat et al., 2007; Matthews, Tiedeman, 1964; Morinaga et al., 1993; Sinisalo, 2004; Turska et al., 2012) in this area which links predictions about own future with the structure of life values. While becoming a parent is related to changes in life and engagement in relation with another person (a child), the fact that having more extended VOP was related to higher identification with self-transcendent and openness-to-change values seems to be consistent with the theoretical background of this construct (Schwartz et al., 2012; cited in Ciecuch, Schwartz, 2018). Also, positive correlations between the level of the VOP extension and emotional and cognitive empathy are in agreement with previous studies (Każmierczak, 2015; Plopa et al., 2019), which showed the importance of empathy in adaptation to parenting. The aforementioned results related to criterion validation are consistent with existing knowledge on the process of forming the vision of one's future and the role of time perspective and life values in it. Nevertheless, the observed correlations were smaller than what was predicted.

Another unexpected finding was that there were only two differences in the extension of the VOP between men and women (in scales 'Preparation-Knowledge' and 'Preparation-Maturity'), indicating that men had more extended VOP in these aspects. These results are inconsistent with findings suggesting that men have a worse knowledge of issues related to pregnancy, labor, and child rearing (Deluga et al., 2012) and of-

ten feel unprepared to take part in family labor and being a parent (Baldwin et al., 2018; Finnbogadóttir et al., 2003). The previous study on the vision of own parenting (Janowicz, 2018c) also revealed that women are those who have relatively more extended VOP and value being a parent higher than men. However, this study was conducted with a different methodological approach, so results may depend on the manner of measuring the vision of own parenting (Janowicz, 2020). Finally, male participants may tend to present themselves better, trying to show themselves as ‘new’ men – involved in family life and focused not only on work and career.

Surprisingly, most scores in both studies can be described as high. This finding may suggest, in contrast to earlier studies (e.g., Janowicz, 2017, 2018; Janowicz, Bakiera, 2018; Marsiglio et al., 2000; Thompson et al., 2013), that many people have an extended vision of their parenting. However, this result may be explained by the fact that other methods (qualitative: interview and survey) have been used to measure VOP in the cited studies. Studies based on quantitative methodology (e.g., Lampic et al., 2006; Skoog Svanberg et al., 2006; Virtala et al., 2001) have shown similar results showing that people have rather extended predictions about being a parent in the future. Contrary, findings from qualitative studies (e.g., Janowicz, Bakiera, 2018; Marsiglio et al., 2000) indicate that this vision is usually superficial and poorly extended. These findings suggest that the way of measuring the VOP may influence results. It seems that different psychological phenomena may be measured when we use different tools (questionnaire/survey/interview) (Janowicz, 2020). This finding is important for further research on forming predictions about one’s future and comparing the results of various studies.

LIMITATIONS AND FUTURE DIRECTIONS

Finally, some significant limitations need to be considered. First, the sample was too small to conduct cross-validation analyzes in EFA. The model revealed in the data should be verified

on another sample. Secondly, the sample was too small to verify measurement invariance. According to that, further studies should be aimed at bridging this gap. Thirdly, because of the small representation of engaged and married people in the sample, future studies should be done to verify the reliability and validity of the VOPQ in that group of people. Fourthly, parenting may differ across various countries, so some of these results (especially related to scales about traditional or modern parenting) may be characteristic only of the Polish sample. Further work needs to be done to establish whether the structure of the VOPQ and results will be the same in other cultures and countries. Establishing the measurement invariances between different countries will be crucial for the possibility of between-countries comparisons. Finally, it is evident that the vision of own parenting may be measured only among people considering having children in the future. Accordingly, this fact should be verified at the stage of recruitment to the study to exclude people who do not want to have children*. Asking them about that topic will be inappropriate, and their answers will be unfitted for analysis. Because VOP is a multifaceted phenomenon and, accordingly, the Vision of Own Parenting Questionnaire is a complex tool, future studies may verify the possibility of using single scales from the VOPQ as the measure separated aspects of the VOP, which may be helpful for some researcher. Further studies should be realized to investigate the process of the VOP development. It would require conducting longitudinal studies. Looking for developmental outcomes, (e.g., in the process of transition to parenthood [Bakiera, Steppa, 2017; Deave, Johnson, 2008]) of having an extended and detailed VOP is also an important issue that needs to be considered in future research.

* It should be done by asking participants to choose one of the following statements: a) *I want to have children in the future*; b) *I am not sure whether I want to have children in the future or not*; c) *I do not want to have children in the future*. Only people who mark answer a) or b) should be asked to fill the questionnaire.

CONCLUSIONS

The project was undertaken to develop the Vision of Own Parenting Questionnaire (VOPQ) and evaluate its psychometric properties. These studies have shown that measuring the level of extension of the VOP by a standardized questionnaire is possible. The investigation of the VOPQ's structure has shown that it is impossible to reduce this phenomenon to one general factor. The VOP is rather a complex of predictions related to many aspects of being a parent in the future. Finally, the findings suggest that developing future time perspective and empathy may be important in supporting young people in

the process of forming predictions about their future parenthood. That could be considered in the process of developing classes or workshops devoted to this topic. The evidence from this study suggests that VOPQ may be recommended to use in scientific research and the process of evaluating lessons or workshops devoted to improving youths' prospective activity.

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