

STEPS Students Report

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I visited the Faculty of Psychology, Moscow State University and stayed there from the end of February to the end of March and I carried out the research focusing on the relationship between people's activity and time cognition while commuting. The word, "people's activity" includes the process of choosing the transportation for commute, what people do while commuting, etc.

The background of this research has come from my interest in how people feel while they are commuting. Densely populated districts, for example, Tokyo, Japan and Moscow, Russia, are faced with the problems related to transportation, especially in the situation of rush hour. Then I think that, by focusing on people's activity and feeling while they are commuting, we can possibly find some approaches to solve those problems or at least to reduce to some extent the discomfort of commuting.

In this research, I had a plan to carry out the survey of the questionnaire style. The contents of the questionnaire are three themes, as follows: 1. Questions about personal information (age, gender, faculty of university, place to live, etc.), 2. Questions about commute of the subjects of this survey, 3. Questions about how they cognize and feel "time" on psychological aspect. The theme 2, Questions about commute can be divided in three sections: one is the way of commute, that is, what transportation they use and how long it takes to commute, another one is how people feel about commute, for example, "how long is the ideal commute time?" and "how congestion level do you experience and how level congestion can you tolerate?", and the other is their activity in public transportation while they are commuting, for example, studying, talking, listening to music etc. In the theme 3, I adopted two methods related to time perspective. One is Experiential Time Perspective Scale (ETPS) (Toshiaki SHIRAI), and the other is Circle Test (Thomas J. COTTLE). The reason why these methods were adopted is that ETPS method was easily compared to other researches done in Japan because it was invented in Japan, and that Circle Test method can investigate subjects' intuitive cognition of time because the method is a non-verbal type psychological test. This time 68 students (the Faculty of Journalism, Psychology, Economics Science, and Mechanics and Mathematics, Moscow State University) took part in this survey program.

After this survey, I found some biases. The most important one is language gap. This time the questionnaire was written in English, but that written in Russian would be easier

to answer for participants than that written in English. This survey is my first time research project in my life. So, a lot of improvement should be needed. The research experience itself is quite important for me in order to carry out research from now. This research can become comparative research between Japanese people and Russian people with additional research in Japan, so there is possibility to carry out additional research.

In this research, Associate professor, Alexander Raevskiy sensei and Sergey Leonov sensei gave me great advice and made an arrangement of carrying out the questionnaire survey at their faculty and a lot of student in those faculties gladly participated in answering this questionnaire survey. I greatly appreciate their support, help and participation.