

Theory Mediate Future and Its Consequences, an Explanation of Procrastination and Unreasonable Behaviour

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Abstract: *the main purpose of the article is to share the knowledge generated in the academic and scientific community for review and validation, so that the main findings of these studies together have been synthesized as their diffusion theory are presented mediate future and its consequences. In the article the main precepts of the theory, its theoretical contributions and practical applications as well as their patterns and techniques for implementation are presented. Although the results have been mixed, all studies showed changes in behavior favorably; a several studies in different populations yielded noticeable improvements, but it was the child population which showed increased susceptibility to behavioral change. Living this connoisseur of the past and of the importance of our actions in the future, you can aspire to a more thought, responsible and humane world. The human being is emotion and reason, is the opportunity to show that we have some self-appointed sapiens, learn to think and to project the consequences of our actions should be at the heart of all school curricula.*

Keywords - Future, Consequences, Procrastination, Behavior, Thinking, Education.

I. Introduction

The article is the result of research conducted in different social contexts, such as schools, universities, hospitals, shopping centers and public spaces, using social experiments that allowed structuring an explanation for procrastination and irrational behavior of most of the people, although The study was conducted in Mexico, it is considered that the findings have external validity, for his generalization. The main purpose of the article is to share the knowledge generated in the academic and scientific community for review and validation, so that the main findings of these studies together have been synthesized as their diffusion are presented the theory mediate future and its consequences.

Humanity is going through a great crisis, although it has never ceased to be since hominids had the capacity to generate war and the accumulation of goods that would guarantee its existence. The inhabitants of the planet do not show respect for life, it seems that the human biological condition is stronger than the social, wild animal side and survival instincts dominates over the expected respect towards other animals, nature, other human beings, itself and society. Although humans are gregarious by nature, they have reached such savagery that kills their parents or siblings.

While one should not only describe the evil side of human beings, the duality of his being, can occasionally show signs of kindness, however their solidarity actions are overshadowed by widespread violence in all contexts and in its two main manifestations: Symbolic and physical.

The liquid society described by Bauman (2002) [1], is motivated by the ephemeral, the immediate and superfluous. Not only are young people who want to satisfy their needs uncritically, it seems that global society lives a double standard, which strongly criticized the violations of their rights, while so excessive consume products offered by their oppressors. It is massively march through the streets to demand equality when all are consumers of inequality.

The lack of consistency between what is believed to want to be asked and done, it is part of human daily life, it is very common to hear that cries out for world peace, democratization of peoples through invade to ensure the transition from a tyranny to effective suffrage, option suitable for that will become the new tyrants of the nation government. We live in paradoxical times, burlesque irony and sarcasm, where students attend school but least do is study, where educational systems are reformed but nothing changes within the classroom, where workers make as not to be working according to their salary, where governments talk about stability and development of nations in the midst of social chaos.

It is clear that human being is a dual being, internally struggle to control his instincts, his impulses and his savagery. But why not do it? Basically, the first acts by impulse and then by reason, its most primitive side is driven by his senses, when he perceives he realizes that may not have everything you want and when you want, however, here begins the infighting to remain fair and firm against the temptation of instinct. However, most of this inner struggle, lost, end up doing what was later deemed not wanted to do, that is why a person claims not to know why he did what he did, like a child, every human being can I just act motivated by their impulses. Thus a child is able to take a gun and shoot it to his best friend, a neighbor or their parents. Actually there are many

unpremeditated acts, actions that are specified for wanting to live the experience, without considering the consequences or rather not consider that actions will not have a consequence. However, premeditated acts are mainly promoted by the consequences that will be presented in the mediate future, for example: a government that seeks re-election or keep his party in power, is concerned by the public and their immediate actions, for the support of the voters in a mediate future again, as in the case of government established by Barak Obama in the United States.

In the liquid society, but not of knowledge he prevails the "nothing happens", acting to secure the immediate pleasure, without detonating the greatest pleasure dimension the consequences of decisions and actions, it appears that use and sell drugs, have or selling sex, hitting people, rockets explode, extortion, theft, assault, fighting, rape, will have no impact on his future life. The relaxed application of the rule of law, justice and the law or regulation, encourages this kind of antisocial behavior, when you do something illegal and nothing happens, the behavior is reinforced, although it is not desired, it will surely be repeated. To think that only live once and we are in this life to be happy, it promotes a life where human existence in the "here and now" is the only important thing is to live and enjoy all the pleasures and not think about tomorrow is lifestyle of the surface that has no pretensions to the actions themselves.

Most people tend naturally to measure the consequences of their actions with the impact they will have in the immediate future, if these are pleasant and has no immediate consequences, the behavior is repeated even so in the mediate future have an impact negative in the lives of people, for example people who drink do so on their immediate effects, but not by mediate consequences, and when the physical discomfort appears, say not to do it again, but quickly forget about it and do so again.

Most people tend to act for the pleasure it gives immediate action, being in your comfort zone, in their comfort zone, strengthening what becomes immediately joy, so the game is present in almost all activities, people make their life a recreational moment, given the existence of serious problems and realize they will not be rewarded for their efforts, opt for play and recreation, one example, festival, joy and dancing, It is a feature of the most marginalized people in their despair by the mediate instead opt for the gamification of life immediately, you live a day, he is fully enjoys, since only have an opportunity to enjoy life.

Aristotle stated that the ultimate goal of life is to achieve the purpose, this thought as the hedonistic philosophy, is limited to the immediate future, the pleasure in doing, and the pleasure of doing as exemplified with his life style Diogenes the Cynic, he lived like a bum on the streets of Athens to the year 412 BC, making extreme poverty a virtue (Biographies and lives, 2015) [2].

But happiness does not justify the means, since it would be unnatural upset the balance of our environment because receive pleasure and happiness, without being aware that we affect the harmony on the planet or self-manage our destruction, as with the use of drug addiction, for example: a person who uses a drug ensures that the needs and feel good about their effects on the body, but its consequences in the mediate future, will be devastating to your health.

Criticism of Kant, was to point out that "good deed will be the one where there is good will" considering only the immediate future but not mediate. Kant thought that if we have ill will in our actions, regardless of its effects, is considered a morally evil act, if you try to affect a person deliberately, although it is not achieved, the bad intention should be rejected by society.

Kant thinks that the only thing we cannot give it to the good will and if one acts of good will, whatever the consequences, no one can blame us absolutely nothing (Savater, 2009) [3]. However, goodwill, combined with ignorance, can bring dire consequences, so they should advocate a willingness to detonate actions and favorable situations for himself and his community.

It is clear that good intentions are not enough, because we should all take responsibility for our actions and the consequences thereof. It would be very irresponsible, just apologize to anyone when we cause harm, and do what it takes to repair. Affect other people unintentionally or through ignorance, it should not be justified, so we should repair the damage.

However, not all unfavorable consequences are deliberate, some well-intentioned actions are the misfortune of others, and many situations hurt some, but simultaneously benefit others. For example in competitive sport or campaigns to elect public representatives, the success of a team is the misfortune of the other contender, this situation cannot be regarded as an immoral act, as though they want to achieve triumph and has worked for the other team to lose in the immediate future, we know the consequences and negative impact that will have in the mediate future.

Concretely it can be considered that not all good deeds in the mediate future will have a positive result in the mediate future, it may be good now, but not be tomorrow; but not everything that is unfavorable at present, will be in the future, so must constantly be projecting the mediate future, to gauge the importance of the decisions we make and of everyday actions.

When considering in the mediate future and visualize the consequences under the scenarios facilitates goal setting, orientation of actions towards a project with greater certainty and responsibility for decisions that are made. At least people with an awareness of the consequences in your immediate future cannot justify naively their destination.

In all the contexts in which the human being plays, you can act with full consciousness with high probability of outcomes that will be generated as a result of our actions immediately, but mediate, making it an argument easy to leave or not addressed.

The man acts evaluating how the immediate consequences are manageable, but does not mediate with the consequences. Have low vision, the human brain acts more by emotion than reason, remember that the brain is the neocortex or evolutionary development up to our time, and in which the thoughts and actions are presented premeditated. From a neurophysiological perspective man first felt and then there is, therefore, think mediate consequences, is not a common practice in all human beings, some people govern their lives dominated more by emotion than by reason, by what they fail to dominate emotion.

II. Explanation Of The Theory Mediate Future And Its Consequences

The assumptions that were accepted after five years of research, is presented below:

- a) People regularly act without taking into account the consequences of second level of impact.
- b) People regularly perform actions that project as favorable in mediate future, when their benefits are displayed.
- c) People regularly change their intentions and attitudes unfavorable consequences when displayed on a mediate future.

The methodology used was through social experiments that were documented according to the context studied. In most of the studies we were able to favorably reduce procrastination.

Although the results have been mixed, all studies showed changes in behavior favorably; a several studies in different populations yielded noticeable improvements, but it was the child population which showed increased susceptibility to behavioral change.

For example, a study of college students who usually studied the day before the exams, with which they were presented two weeks before a conference on procrastination and its consequences, projecting images related to dropout and consequences are made leaving school, as well as development opportunities to not finish his university studies, achieving identified through further examinations that 42% of students began studying before the time they did survey regularly.

In a primary school, children were consulted to know their daily frequency on oral hygiene, is a presentation in PowerPoint, on the consequences in the mediate future, the damage to your teeth to visualize their own teeth in an unfavorable condition, the two weeks were consulted again and checked his teeth, confirming the 68% of children who had increased the frequency of their oral hygiene.

The future is now

Although there are new explanations of time, where there is no past and future, but everything is present, in this study the conventional approach of past, present and future are considered.

Where the past, brings the circumstance, situation or historical moment we live, and it's where he became the stimulus that is received in the present.

This is the same action, where the decision to execute any action or non-action, which is always accompanied by a forecast or expectation is taken.

And the future is projected as a consequence, the response to the action, the significance to the act, that the study has been called: immediate future, mediate future and distant future, depending on the proximity of behavior made.

Critique of behaviorism

To set this sequence or sequence of actions was revived as a base, the main contributions of the theory of operant conditioning set by Skinner (Ardila, 2001) [4], it represented as follows: SPRE (stimulus, person, response, enhancer). Enhancer should be understood by reinforcing the event or action contingent on the response of an organism alters the future likelihood of such a response occurs. That is, every stimulus that a subject is received, it is perceived and interpreted to react immediately as a reflex arc, or as an action in the appropriate proportion, according to the reinforcement sought, where there is intention and will. As explained, there is a chain of situations within this process of interaction, partially explaining human behavior.

It is true that every human being acts intuitively, without thinking, as the stimulus received, but also in certain situations makes looking in the immediate future reward for their action. This is what regular people do, for example, work to collect a salary, studying to pass exams, help others to receive gratitude, the artist sings or

dances to applaud him, people are looking to stand out to be admired or recognized, among other actions, almost human life works this way, the theory of operant conditioning clearly explains this interaction with the environment, but what about the person who does none of the above? The reinforcement has no effect on everyone, not just the stimulus has the same effect, since no projects receive the reward in the mediate future. Therefore this behaviorist theory does not answer this question, since many people still having the reward before them, choose not to submit the expected or desired response.

Operant conditioning theory does not explain why people are not motivated to act, while having the possibility of obtaining a reward or reinforcement immediately.

Critique of cognitivism

Another theory was considered social learning theory of Albert Bandura (Ardila, 2001) [4], since states that people learn primarily by imitating the behavior of those who consider social model. Although every human being consciously or unconsciously imitate other humans, it is also true that our life cycle can appreciate the behavior of success or failure of our contemporaries in the various stages of human development, how difficult would not do the same. Usually people imitate behaviors that will have negative consequences directly, but do not look beyond the apparent, visible in their immediate environment; imitation is promoted by the immediate future, not for the immediate future. This theory does not explain why humans perform actions that are not directly in any physical model or apparent.

The social learning theory by modeling, does not explain why people act without a role model.

Criticism of the decision theory

The decision theory offers a more related to the theory explanation is presented, since it considers the possible states or scenarios and alternatives have to make the decision, across all scenarios to project the result corresponding to all actions in all situations, but all remain in the assessment of what you have at that time, not considered consequences of second level of impact, that is those arising in the mediate future.

The decision theory does not explain how to choose the most appropriate decision in the mediate future, as is the impact more importance in life.

These three theories partly explain the reality of human behavior, so that the theory of immediate future and its consequences provides a more stable and complete explanation.

The theory of the mediate future and its consequences explains that people, who have an external locus of control, procrastinate their activities or commitments, since finding no adverse consequences in the immediate future, the positive reinforce you get until the mediate future and It will then act accordingly. If the booster is planned in the mediate future, they will find necessary. However, if the person has a profile associated with the internal locus of control will display the reward in the mediate future and act in the immediate future to achieve your goal.

People regularly perform a simple reflection, directly affects me immediately, if it affects, then act, not to affect postponed.

Treatment with the people who procrastinate who want to quit, is to present the favorable or unfavorable to the subject can be displayed and projected accordingly consequences, replacing the indifferent vision of the immediate future, will be inclined to perform appropriate actions immediately, avoiding procrastination or postponement of the shares.

Examples:

All people should consult their doctor or the dentist regularly, at periods of approximately six months, even without any symptoms or disease, however, this does not happen, people go to the doctor when they are already sick when they are healthy, postponed since they do not see in the foreseeable future disease. By not display the risk of death, they kept in a zone of comfort and complacency.

The same is true when it is required to service a machine or car, as long as everything is running well, even has already reached mileage set for service. People postponed the service since not dimensioned the consequences in the immediate future.

Conversely, the effect of displaying the mediate future as a result unfavorable act as an inhibitor of behavior immediately.

Examples:

Infidelity among couples, both men and women can become unfaithful in their marriage relationship, there are people who have great pain to their families for only a sexual relationship with someone who was not his wife or husband, what happened is because only visualized the immediate future, thinking about the pleasure of letting free the instincts of reproduction of the human species, however, if they had dimensioned the consequences in the mediate future, the probability of not being unfaithful had increased.

Theft, vandalism and violence, decrease when people fail and display them in prison or dead.

Several police campaigns to reduce accidents show during holiday periods some car that have destroyed as a consequence of road accidents by car speeding, confirming that accidents are reduced remarkably comparing with the campaigns that did not show cars.

Techniques for implementation

Following the principles of cognitive behavioral therapy, everyone can learn new ways of behavior, since learning is something that starts from birth to death. People can learn not to procrastinate, teachings visualize the impact of actions at all three levels of impact: immediate, mediate and transcendent. Most people usually act on the first level, the immediate impact, but often true reward him or prejudice underlies the first level.

The technique of shock is the most effective, and refers to involve the person in activities that are related to the most drastic consequences of actions that harm the health, for example, be a volunteer in welfare centers and jails, in children's home, hospitals or providing direct assistance to indigent or homeless people.

The image projection techniques, provides in-depth analysis of the contexts presented. This technique is intended to raise the person and evoke the mediate future, to the present.

And finally visualization techniques are trying to set up mental images with memories stored in the memory of the person, although it may be the most complicated represent, turns out to be very effective, but it requires great skill of the facilitator or therapist to lead the process.

In all treatments work is required to strengthen the will and goal setting, because it requires strength and conviction to curb the wild part of the human being, since emotions usually end up dominating him and not him to their emotions.

III. Conclusion

Understand and comprehend the mediate future, bringing to mind the future, that future that many believe does not exist in the material, it is a human construct, but which may prove to be highly predictable, when projections are compared with the present last, we can understand that the past was once the future, really they manage to project with certainty. Living this connoisseur of the past and of the importance of our actions in the future, you can aspire to a more thought, responsible and humane world. The human being is emotion and reason, is the opportunity to show that we have some self-appointed sapiens, learn to think and to project the consequences of our actions should be at the heart of all school curricula.

Regularly we are not prepared to face the consequences of our actions; it is sometimes preferable to self-manage impulses and emotions mediate not to suffer consequences that will eventually erase the feelings of pleasure that previously lived. Actually the world would be different if people valued most frequently the consequences of their actions; possibly there would be fewer wars, murder or violence. Even the most cruel and heartless humans, they could abandon their evil intentions, if they could visualize the damage they are about to cause immediate or mediate at planet. Hopelessness can be changed through display the mediate future; it would provoke a world more just and equitable societies, the welfare of humanity is not only determined by the actions of people, but by the way we view the mediate future and the transcendence our behaviors.

However, the theory explains only part of human reality, but gives guidelines to improve the living conditions of people and communities, however, the benefits of this theory must be designed similarly to the immediate future and not immediate, to cause the mediate becomes this, we might think that immediately will not have a global effect, which is why we have to bring the mediate future to better account for their impact. Indifference and procrastination to a better world, is destroying contemporary societies. There is the possibility of causing the earth a better place to live and that mankind is really thinking. As far as the academic world it is invited to implement new ways of applying the theory of the mediate future and its consequences.

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