

Voluntary restrictions and self-commitment

Abstract in English

In our work, we summarize the topic of dual self and propose various types of restrictions the long-run self might impose on the myopic self concerning procrastination, health and emotions.

Then we design a questionnaire aimed to find to what extent do the real people behave in such way, and what are the determinants of such behavior. We find that the phenomenon of voluntary restriction of self is present in our contemporary society to large extent.

Women have a tendency to restrict themselves significantly more than men, while higher Cognitive Response Test (CRT) score, higher education and lower conscientiousness cause lower interest in the self-regulatory facilities.