Time and our perception of time

Time is a hard thing to describe but for us in everyday life, time is constant. And we use this constant nature of time to live and function. 1 hour for me is the same as 1 hour for you this is because we are all on the same planet. But the idea of measuring time is man-made, the clocks seconds hours we use is not inherent to time as its measurement. We as humans have made these to measure time on earth, and over time we have gotten better and more precise at measuring it.

But measuring time and experiencing time are different thing. This being the year of the Corona, a typical day has been waking up making breakfast then sitting on my computer and working on personal projects or applying to jobs and only getting up for lunch and dinner. After which I watch a movie with my roommate and then lights out and on to the next day. This is not a healthy way to live but has turned into my routine for the last month or so. This routine has greatly changed the way I experience time. Time seems to move faster instead of 8 hours it feels like 4. Being winter does not help this feeling that time is passing faster. Now instead of looking back and being able to distinguish between days, now they seem to join into a blur and before I know it a week has passed. I think it feels like this because it is harder to spot differences between days since they all seem the same.

I think the way we experience or perceive time changes on how we feel during that time. When we are enjoying something or are focused time seems to move faster, but when we are dreading something or are unfocused it seems to take forever. Not to say that time is getting slower or faster but that our perception of that time might be either stretched or compressed. Even though we feel time distort, it did not. Time was moving the same way it does, while that hour felt faster it had the same number of seconds and mins as any other hour.

Time in our perception is not always the same, it feels faster sometimes and sometimes slower. There are theories on this, that talk about how our perception of time changes with our age. They say that time is perceived not as a constant but rather relatively. According to them time feels slower as a child because a child has not lived very long and so 1 year is a huge percentage of their life thus feeling slower, but to an adult who has lived for a while 1 year is a much smaller percentage thus making time feels faster. I do not know whether I agree or disagree with this. But it is an interesting theory which tries to add context to peoples experience with time. While throughout this essay I used time as a constant because of the ways that we use and measure it. But time is relative meaning that the speed of time passing depends on our frame of reference i.e., the observer. Since in this essay our frame of reference is the earth, we can assume my one hour is the same as yours.

Time keeps moving though relative we can assume that it is the same for all of us on earth. While time might feel faster or slower sometimes. That is us perceiving it as such. But time did not get slower or faster it stayed the same. Time is dependent on the observer. Since we are all on earth, we observe time the way we do. This observation is not the same as our perception of time but how we go through time or how time affects us.