

A Study of Relationship between Grit and Life Satisfaction among the Management Students

Prarthana Fabyani^{1*}

ABSTRACT

Background: Grit has been presented as a higher-order personality trait that is highly predictive of both success and performance and distinct from other traits such as conscientiousness. It is desirable for the management students to have high Grit in order to become successful managers or leaders. This study was carried out among the management students to determine Grit and its association with Life satisfaction. The study also includes the association of Grit with Gender and age. **Methods:** The present study is correlation study and was conducted among 150 management students. Short Grit Scale (Duckworth & Quinn, 2009) and Life Scale (Diener et al., 1985) were used to assess Grit and Life satisfaction. Data was collected through google forms. **Results:** Grit and Life satisfaction was found to be directly correlated ($r=.443$). There is no significant relation found between age and the Grit. There was no significant relation between the Life satisfaction and age. **Conclusion:** A significant Positive correlation between the Grit and Life satisfaction among the management students. The students with stronger Grit characteristics had higher self-esteem and vice versa. Lower Grit characteristics and lower Life satisfaction is unfavorable for a manager.

Keywords: Grit, Life satisfaction, Management, Success and Performance

Grit has been presented as a higher-order personality trait that is highly predictive of both success and performance and distinct from other traits such as conscientiousness. The grit is defined as perseverance for long term goals. Grit help in working towards tough challenges maintaining effort and interest over the despite of failure adversity and plateaus in progress. The gritty people approach any situation in life as a marathon. Whereas the disappointment rejection to others that it is the time to change the field whereas the gritty people stay in the course. The quality of the grit differentiates top performers in the respective field from others. Grit is an essential achievement in any field. Weather for law management journalism.

In the year 1892 Galton he studied Judges Statesmen scientist musician's painter's poets and concluded ability alone didn't bring success in any field. He concluded further ability along with the zeal and with the capacity for hard labor is necessary to bring the success. Similar conclusions are drawn by Cox in the study conducted by 301 eminent creators and leaders.

¹Student, SCMS, Pune, India

*Corresponding Author

Received: June 13, 2021; Revision Received: August 02, 2021; Accepted: August 22, 2021

A Study of Relationship between Grit and Life Satisfaction among the Management Students

Cox concluded that holding a high IQ doesn't necessary means High achievement but apart from the HQ the eminent actor's persistence of motive and effort confidence in their abilities and great strength.

Life satisfaction has been used to measure the life satisfaction composition of subjective well-being. Life satisfaction is the way in which people their emotions feelings and how they feel about their directions and options for the future. Life satisfaction involves a favorable attitude towards one's life rather than an assessment of current feelings.

People all over the world desire to live better life in the pursuit of happiness. According researches now a days are focusing much on what affects individual life satisfaction. There is widespread that individuals can be or can't be satisfied in the same environment. Among all the factors that include family friends finance and culture. Grit is an important predictor life satisfaction. Grit is also the one of the most reliable factors in the grit success of the individuals. Life satisfaction is the level of positive evaluation of life's quality by an individual.

Grit is remaining preserve and passionate by putting consistent efforts and maintenance of interest for long periods for achievement goals against all odds. It is not influenced by factors such as successful outcomes difficulty level of tasks or intellectual awards.

In 2007 this term was come into existence to illustrate the perseverance and passion for the long term goals. In the essence grit manifests the desi son to complete the long term goals despite the risk of failures and obstacles. People high level of grit go further in the pursuit to achieve goals and dreams in life. Also, there are more perseverance and resilient in nature. Also, the grit contributes to the two great academics and grades in school and colleges and success in their career. It also concluded that the individuals with grit tend to inculcate the qualities of grit cultivate more passion and Perseverance in the long term goals which provide them a grandiose success. (Li, J., et al., 2018). The influence of grit on life satisfaction: Self-esteem as a mediator. Improving people life satisfaction had become of the important goal for many individuals and societies. In fact, are less gritty. Being by setbacks and not achieve a compete a sense of satisfaction

Studies conceded that the individuals who have tendency to be easily discouraged by challenges and have an ambivalent approach to their interests or goals Grit and life satisfaction may share a significant relationship.

Life satisfaction and Grit plays a very imp role in the self-discipline

The constructs of grit hardiness and resilience is one of the major reasons for psychological strengths produce adaptive and cognitive behavioral strategies that contribute life satisfaction. Individuals who possess high grit are thought to work hard maintain their interest and passion despite setbacks and disappointment and remain committed to their long term goals. Duckworth et al. (2007) found that gritty children tended to study longer, work harder, and perform better in a spelling bee contest than did less gritty children. First, (Lafrenière, Vallerand, and Sedikides 2013) found grit is positively related to life satisfaction and also led to positively like to meaning. Grit also leads to reduction in the suicide. (Martin, et al., 2015). Among the men and women, men tend to be possess with life as compare to women (Della Giusta, M., Jewell, S. L., & Kambhampati, U. S. (2011).

REVIEW OF LITERATURE

Table-1 Review of Literature

S.NO	Title of the Paper	Author	Year	Publication	Finding	Year
1.	The influence of grit on life satisfaction: Self-esteem as a mediator	Li, J., Fang, M., Wang, W., Sun, G., & Cheng, Z	2018	<i>Psychological Belgica, 58(1), 51</i>	There is a positive relationship between life satisfaction and grit. And also, positive relation in self-esteem also.	2016
2	Positive and negative affect, and grit as predictors of happiness and life satisfaction.	Singh, K., & Jha, S. D. (2008).	2008	<i>Journal of the Indian Academy of Applied Psychology, 34(2), 40-45</i>	Happiness is positively correlated with the GRIT, life satisfaction, and positive and negative impact.	325
3	Grit, basic needs satisfaction, and subjective well-being.	Jin, B., & Kim, J. (2017).	2017	<i>Journal of Individual Differences, 38(1), 29.</i>	Grit Is strongly related to both autonomy and competence needs.it decrease depression. It enhances subjective well-being.	81
4	Academic Grit Scale: Psychometric properties and associations with achievement and life satisfaction.	Clark, K. N., & Malecki, C. K. (2019).	2019	<i>Journal of school psychology, 72, 49-66.</i>	There is a positive association between academic achievement, life satisfaction and school satisfaction.	49
5	Role of emotional intelligence and grit in life satisfaction.	Ain, N. U., Munir, M., & Suneel, I. (2021).	2021	<i>Heliyon, 7(4), e06829.</i>	Emotional intelligence and grit is weakly to life satisfaction	2
6	The role of attachment anxiety, attachment avoidance, and grit on life satisfaction and	Waring, A., Kernes, J. L., & Bui, N. H. (2019).	2019	<i>Journal of Humanistic Psychology, 0022167819844692</i>	Greater attachment anxiety and attachment advance Resulted in Lower satisfaction	3

A Study of Relationship between Grit and Life Satisfaction among the Management Students

S.NO	Title of the Paper	Author	Year	Publication	Finding	Year
	relationship satisfaction.				scores but there is negative relation with high grit had lower life	
7	The mediating roles of grit and life satisfaction in the relationship between self-discipline and peace: Development of the self-discipline scale	Şimşir, Z., & Dilmaç, B. (2021).	2021	. <i>Current Psychology</i> , 1-11	Study found that there is mediating role of grit and life satisfaction in the relationship between self-discipline and peace among college students.	NA
8.	(2018). Mindset, grit, optimism, pessimism, and life satisfaction in university students with and without anxiety and/or depression.	Tuckwiller, B., & Dardick, W. R.	2018	<i>Journal of Interdisciplinary Studies in Education</i> , 6(2), 32	College students with anxiety and depression still leads to more fixed mindsets and have lower grit optimism and life satisfaction	11
9.	Distinct routes to understand the relationship between dispositional optimism and life satisfaction: self-control and grit, positive affect, gratitude, and meaning in life.	Oriol, X., Miranda, R., Bazán, C., & Benavente, E. (2020)	2020	<i>Frontiers in psychology</i> , 11, 907	There is a strong relationship between optimism and positive effect but no effect on life satisfaction	5
10.	Positive predictors of teacher effectiveness.	Duckworth, A. L., Quinn, P. D., & Seligman, M. E. (2009).	2009	<i>The Journal of Positive Psychology</i> , 4(6), 540-547	Grit and life satisfaction is one of the greatest predictors of teaching effectiveness.	NA
11.	Positive psychology factors as predictors of	Vela, J. C., Smith, W. D., Whittenberg, J. F.,	2018	<i>Journal of Multicultural Counseling and Development</i> , 46(1), 2-19	Hope and mindfulness were significant	37

A Study of Relationship between Grit and Life Satisfaction among the Management Students

S.NO	Title of the Paper	Author	Year	Publication	Finding	Year
	Latina/o college students' psychological grit.	Guardiola, R., & Savage, M. (2018).			predicators of psychological grit.	
12.	Grit, Leisure Involvement, and Life Satisfaction: A Case of Amateur Triathletes in Japan.	An, B., Sato, M., & Harada, M. (2021).	2021	<i>Leisure Sciences</i> , 1-17	Perseverance of effort was also positively indirectly associated with life satisfaction through attraction and negatively indirectly associated with life satisfaction through centrality.	NA
13.	<i>A portrait of college success: Grit, theories of intelligence, and cumulative life adversity</i>	An, B., Sato, M., & Harada, M. (2021).	2018	(Doctoral dissertation, ProQuest Information & Learning).	There is very small association between grit and Implicit theories of Intelligence.	
14.	Gritty, hardy, and resilient: predictors of sport engagement and life satisfaction in wheelchair basketball players.	Martin, J. J., Byrd, B., Watts, M. L., & Dent, M.	(2015).	<i>Journal of clinical sport psychology</i> , 9(4), 345-359	Highest level of grit and resilience tended to be the most engagement in sport and have a high quality of life.	68
15.	Perseverance counts but consistency does not! Validating the short grit scale in a collectivist setting.	Datu, J. A. D., Valdez, J. P. M., & King, R. B.	(2016).	<i>Current Psychology</i> , 35(1), 121-130	Perseverance of efforts is more salient in predicting key psychological outcomes compared to the consistency of interest.	212
16.	<i>Storm clouds in the mind: A comparison of hope, grit, happiness and life satisfaction in traditional</i>	Sheehan, K. (2014).	2014	(Doctoral dissertation, Hofstra University)	There is direct correlation between hope grit happiness, life satisfaction in a traditional high school.	6

A Study of Relationship between Grit and Life Satisfaction among the Management Students

S.NO	Title of the Paper	Author	Year	Publication	Finding	Year
	<i>and alternative school students</i>					
17.	Unpacking grit: Motivational correlates of perseverance and passion for long-term goals.	Von Culin, K. R., Tsukayama, E., & Duckworth, A. L. (2014).	2014	<i>The Journal of Positive Psychology</i> , 9(4), 306-312	Pursuing engagement was more strongly related with the Perseverance of effort where is was inversely related consistency of interest over time.	478
18.	Examining the dark side of motivation on life satisfaction in college students: does grit matter?.	Huéscar Hernández, E., Moreno-Murcia, J. A., Cid, L., Monteiro, D., & Rodrigues, F. (2021).	2021	<i>Behavioral Psychology/Psicologia Conductual</i> , 29(1), 111-125	Teacher behavior leads to an important role in the importance of grit and class training	NA
19.	All that glitters is not grit: Three studies of grit in university students.	Kannangara, C. S., Allen, R. E., Waugh, G., Nahar, N., Khan, S. Z. N., Rogerson, S., & Carson, J. (2018).	2018	<i>. Frontiers in psychology</i> , 9, 1539	Grit is highly correlated with self-control. It will be highly growth of the oriented mindset.	64
20	Mediating effects of grit and positive psychological capital on the relationship between leisure activities and life satisfaction in high school students.	Choi, H., & Sujin, Y. (2018).	2018	<i>The Korean Journal of Developmental Psychology</i> , 31(2), 105-123	Grit and positive psychological capital mediated the relationship between structural leisure activities	4
21	Mediating effects of grit and positive psychological capital on the relationship between leisure	Choi, H., & Sujin, Y. (2018).	2018	<i>The Korean Journal of Developmental Psychology</i> , 31(2), 105-123	Female have high subjective well-being and life satisfaction	4

A Study of Relationship between Grit and Life Satisfaction among the Management Students

S.NO	Title of the Paper	Author	Year	Publication	Finding	Year
	activities and life satisfaction in high school students.					
22.	Predictive Role of Grit and Basic Psychological Needs Satisfaction on Subjective Well-Being for Young Adults	Akbag, M., & Ümme, D. (2017).	2017	. <i>Online Submission</i> , 8(26), 127-135	Gender are the meaningful of subjective well-being	28
23.	Self-esteem and life satisfaction in adolescents—gender and age as potential moderators	Moksnes, U. K., & Espnes, G. A. (2013).	2013	. <i>Quality of Life Research</i> , 22(10), 2921-2928	Males have higher life satisfaction and self-esteem than girls.	340
24.	Relevance of gender roles in life satisfaction in adult people.	Matud, M. P., Bethencourt, J. M., & Ibáñez, I. (2014).	2014	. <i>Personality and individual differences</i> , 70, 206-211	In females there is high level satisfaction with femininity with high social support.	98
25	. Gender differences in the predictors of life satisfaction across 150 nations.	Joshanloo, M. (2018)	2018	<i>Personality and Individual Differences</i> , 135, 312-315.	Socio-political employment related and education related variables are more important in life satisfaction.	20

Li, J., et al, (2018) studied that there's a positive relationship between life satisfaction and grit. The study also over that there is a positive relation with the self-esteem. Singh, K., & Jha, S. D. (2008). over that there happiness is absolutely relating to the grit and life satisfaction and therefore the happiness have positive yet as negative impact in lifetime of the individuals. Grit is powerfully related to the autonomy and competency desires of the individuals. Grit is additionally an element that reduces the Great Depression among the individuals. It enhances the subjective well-being of the individuals. Jin, B., & Kim, J. (2017). Clark, K. N., & Malecki, C. K. (2019). Found that there's a positive association between the educational action yet as life satisfaction and also the school achievement of the individual and also will increase the college satisfaction among the individual. Ain, N. U., Munir, M., & Suneel, I. (2021). analyzed that the emotional intelligence and grit is feeble relating to the life satisfaction. Waring, A., Kernes, J. L., & Bui, N. H. (2019). Studied that bigger attachment anxiety resulted within the lower satisfaction. And over this that the grit has negative relation with the high grit had lower life. Şimşir, Z., & Dilmaç, B. (2021). Found

A Study of Relationship between Grit and Life Satisfaction among the Management Students

that grit and life satisfaction compete a mediating role within the self-discipline and peace among the faculty students. Tuckwiller, B., & Dardick, W. R. (2018) studied that college students with anxiety and depression ends up in a lot of mounted mindsets and have lower grit and low life satisfaction. (Oriol, et al., 2020) found that there's sturdy relationship between optimism and positive impact on grit however has no effect on life satisfaction (Duckworth, A. L., et al., 2009). - Grit and life satisfaction is one amongst the best predictors of teaching effectiveness (Vela, J. et al., 2018). Found that hope and heedfulness were the many predictors of psychological grit. (An, B., Sato, M., & Harada, M. 2021). analyzed that the preservice of impact was absolutely indirectly related to the life satisfaction through the attraction and is negatively related to with the life satisfaction (An, B., Sato, M., & Harada, M. 2021). Studied that there's terribly little association between grit and implicit theories of intelligence. (Martin, J. J et al., 2015). Found the best quantity grit and resilient cared-for be the foremost engagement in sport and have a top quality of life. (Datu, J. A. D., Valdez, J. P. M., & King, R. B.- 2016) perseverance of efforts is a lot of salient in prediction key psychological outcomes compared to the consistent of interest (Sheehan, K. 2014). In their study found that there's positive correlation among hope grit and happiness, life satisfaction within the traditional; high school. (Von Culin, K. R., Tsukayama, E., & Duckworth, A. L. 2014). Pruning engagement was more powerfully with the perseverance of effort wherever it had been reciprocally connected consistency of interest over time (Huéscar Hernández, et al., 2021). Teacher behavior is additionally one amongst the explanations behind the importance of grit and sophistication training. (Kannangara, et al., 2018). STUDIED grit high related to with self-control it'll be extremely growth of the adjusted mindset. Found that the grit and positive psychological capital mediate the link between structural leisure activities. (Akbag, M., & Ümmet, D. 2017). Gender is one amongst the foremost necessary criteria for the activity of well-being. (Moksnes, U. K., & Espnes, G. A. 2013). Found that males have life satisfaction and life satisfaction than ladies (Matud, M. P., Bethencourt, J. M., & Ibáñez, I. 2014).In females there's high level of life satisfaction with the trait and therefore the social support (Joshnloo, M. 2018) Found that the social political surroundings is a lot of elated t the life satisfaction. it had been found that the life satisfaction is incredibly less among the age of cluster of sixty-five years. Chen, C. (2001).

Research Gap

Review of literature suggests that their various studies which have been carried to study Grit and Life satisfaction. Moreover, most of the studies have been mainly undertaken to understand the Grit in school children and high schools. The scope of the most study is limited to certain geographical regions. Moreover, very few studies have done among the management students. The research gap taken through this literature review is a study of grit and life satisfaction among management students with special reference to SCMS- Pune

Research objective

After reviewing articles and journals, there are a lot of people who are have high amount of grit and high amount of life satisfaction. This phenomenon is not only seen in high school or corporates or high achieving women but also in student's medical interns. There are various factors which are the causes of increase in life satisfaction it can be age or due to another factor. Few studies also show that life dissatisfaction is highly seen in females as compare to males. Various higher levels of impostor syndrome lead to depression. The impostor can be reduced with the help of good mentorship and communication with the closed ones.

A Study of Relationship between Grit and Life Satisfaction among the Management Students

The research objective for the study is

1. To find the relationship between Grit and Life satisfaction among the management students.
2. To identify the association Gender and age with the life satisfaction

RESEARCH METHODOLOGY

Type of research –

- The study is correlational in nature
- The study is cross-sectional.

Research design - the study is quantitative and casual in nature.

Research Hypothesis

H0a–There is no relationship between Grit and Life-satisfaction

H1a- There is significant relationship between Grit and Life satisfaction

H0b- There is no relationship between Age and Life satisfaction

H1b – There is significant relationship between Age and Life satisfaction

H0c- There is no relationship between Grit and Life satisfaction.

H1c-There is significant relationship between Grit and Life satisfaction

Population for the research – The student pursuing management as a career

- Population – The population for the research included all the management student's in the age group of 18-25
- Sample element – Individuals studying management were taken as sample element
- Sampling unit- Management students from colleges and age groups
- Sample size calculation –150 individuals were selected as the sample group for the study.
- Sampling techniques- simple random sampling was used to sample the population.

Variables – The study contains 4 variables namely Age, Gender, Grit and Life satisfaction. There are independent and dependent variable taken for the study.

Independent variable- Grit

Dependent Variable- Life satisfaction

1. Demographic variable (Continuous variable) – Age.
2. Continuous variable – Gender

Scales – The scale used in the study.

General scale

1. For the calculation of age- ratio scale has been used.
2. For the calculation of age ratio scale have been used as it starts from 0 and can take a number.

For the measurement of the Impostor phenomenon and self –esteem the general scale used are as follows.

Likert scale has been used (1-5, where 1- strongly disagree, 2- disagree, 3 – neutral, 4- agree, 5- strongly agree

A Study of Relationship between Grit and Life Satisfaction among the Management Students

Attitude Measurement scale

Grit. To examine grit, we requested contributors to finish the 8-query Short Grit Scale (Duckworth & Quinn, 2009), which become tailored from the authentic 12-query grit scale (Duckworth et al., 2007). Participants replied the questions the use of a 5-factor Likert scale (1 = Strongly Disagree, 5 = strongly agree) Two subscales constitute consistency of hobbies and perseverance of attempt. Four gadgets of the dimensions required opposite scoring. Only the full rating become used with inside the modern study. A pattern object from the consistency-of-hobbies subscale become “I regularly set a aim however later select to pursue a one of a kind one.” A pattern object from the perseverance-of-attempt subscale become “Setbacks don’t discourage me.” Duckworth et al. set up good enough inner consistency for the subscales ($\alpha = .73-.83$).

Life Satisfaction. Participants finished the Satisfaction with Life Scale (Diener et al., 1985) to evaluate worldwide lifestyles delight. Participants replied 5 questions the use of a 5-factor scale (1 = strongly disagree, 5 = strongly agree). A pattern object become “In maximum methods my lifestyles is near ideal.” All gadgets had been summed and divided to acquire lifestyles delight rating. Diener et al. set up top reliability ($\alpha = .87$)

Data collection method

The study has been based on the primary data. The data has been collected through survey method through google forms.

Type of schedule – Structured Questionnaire with suitable scaling.

Type of questions – Likert scale, Open-Ended and Grid questions

- Part A had open ended questions related to Gender and Age
- Part B- Had the questions related to Grit
- Part C- Had the questions related to Life satisfaction.

Time –period – The responses were collected from 5 May to 20 May 2021

Statistical tool to be used. Data collected from scales will be entered into IBM SPSS for the further analytical analysis to study the relationship between Grit, Life satisfaction Age, Gender Spearman’s rho correlation will be used

To test the hypothesis two tailed test will be used

Data Analysis

H0a- There is no relationship between Grit and Life Satisfaction

Two-tailed test used (At 1% level of significance)

Table- 2 Correlation and two tailed test between Grit and Life satisfaction

			Grit	Life satisfaction
Spearman's rho	grit	Correlation Coefficient	1.000	.443**
		Sig. (2-tailed)	.	.000
		N	150	150
	life satisfaction	Correlation Coefficient	.443**	1.000
		Sig. (2-tailed)	.000	.
		N	150	150

***. Correlation is significant at the 0.01 level (2-tailed).*

A Study of Relationship between Grit and Life Satisfaction among the Management Students

The table-2, a correlation has been obtained between grit and life satisfaction which is very significant at $p < 0.01$ level. Therefore, Null hypothesis is rejected and H_{1a} is confirmed. Thus, it can be concluded that there is positive relationship between grit and life satisfaction.

H0b- There is no relationship between Life satisfaction and Age Category

Interpretation - The table -3 shows that there is no significant relationship between life satisfaction and age and hence null hypothesis is accepted. As the value of $p > 0.01$

Two-tailed test used (At 1% level of significance)

Table- 3 Correlation and two tailed test between Life -satisfaction and Age

			Life satisfaction	Age category
Spearman's rho	Life satisfaction	Correlation Coefficient	1.000	.079
		Sig. (2-tailed)	.	.337
		N	150	150
	Age category 2,	Correlation Coefficient	.079	1.000
		Sig. (2-tailed)	.337	.
		N	150	150

H0c- There is no relationship between Age category and Grit

Two-tailed test used (At 5% level of significance)

Table -4 Correlation and two-tailed test between Grit and Age

			Grit	Life satisfaction
Spearman's rho	grit	Correlation Coefficient	1.000	.443**
		Sig. (2-tailed)	.	.000
		N	150	150
	life satisfaction	Correlation Coefficient	.443**	1.000
		Sig. (2-tailed)	.000	.
		N	150	150

Interpretation -As seen in the table above there is no relationship between grit and the age. As the value of $p > 0.01$ and hence null hypothesis is accepted

DISCUSSION

- **Relation between Grit and Life satisfaction** – The present study suggest that the greater experience of grit is related to high life satisfaction. In line with our hypothesis there is positive correlation between grit and life satisfaction ($r = .443$, Table-2). In other words, more grit the high life satisfaction and vice versa. Therefore, null hypotheses is rejected. The finding is consistent with (Li, J., Fang, M., Wang, W., Sun, G., & Cheng, Z, 2018), Singh, K., & Jha, S. D. (2008), Jin, B., & Kim, J. (2017). The result is can obtained can be explained, the students with high grit remain perseverance towards their goal and possess higher life satisfaction whereas the students with lower grit didn't set their mind towards one goal and remain unsatisfied in life.
- **Relation between Life satisfaction and Age** This present data shows that there is no significant relationship between life satisfaction and Age ($p > 0.01$ Table-3) the null hypothesis is accepted. The above result can explain that life satisfaction doesn't have any relation with the Age
- **Relationship between Grit and Age** The present data shows that there is no significant relationship between Grit and age ($p > 0.01$ Table-4) and hence null hypothesis is

A Study of Relationship between Grit and Life Satisfaction among the Management Students

accepted. The result can be explained that the students with higher age may possess or may not possess Grit. It is also suggesting that in future studies it is important to investigate between Grit and other variables that predict the academic achievement. As the study was limited to only the management studies. The study should be taken for the engineering and other streams too.

- **Grit among the Women and Men** – Among the 150 respondents taken for the research purpose around 53 women out of 91 have high grit whereas the only 32 out of 59 have shown the higher grit among the Men. The Men have more grit and are more perseverant towards the goals. They remain resilient and work towards the success. Also they remain unaffected by the obstacles and hindrances. Men also process High life satisfaction than women the study is consistent (Matud, M. P., Bethencourt, J. M., & Ibáñez, I. 2014).

CONCLUSION

It has been found that there a large number of management students who possess High Grit and Possess and Greater life satisfaction whereas the management students who possess less grit possess lesser life satisfaction. Students with high remain perservant towards their goal and remain diligent and constant at all the hardships and struggles and work towards their goal. Whereas people who possess lower grit will remain unsatisfied in the later life. The High grit will always help to achieve higher success in almost every field. Every individual should try to remain constant throughout their life to achieve great success.

REFERENCES

- Ain, N. U., Munir, M., & Suneel, I. (2021). Role of emotional intelligence and grit in life satisfaction. *Heliyon*, 7(4), e06829.
- Akbag, M., & Ümmet, D. (2017). Predictive Role of Grit and Basic Psychological Needs Satisfaction on Subjective Well-Being for Young Adults. *Online Submission*, 8(26), 127-135.
- An, B., Sato, M., & Harada, M. (2021). Grit, Leisure Involvement, and Life Satisfaction: A Case of Amateur Triathletes in Japan. *Leisure Sciences*, 1-17.
- Bogin, L. (2018). *A portrait of college success: Grit, theories of intelligence, and cumulative life adversity* (Doctoral dissertation, ProQuest Information & Learning).
- Choi, H., & Sujin, Y. (2018). Mediating effects of grit and positive psychological capital on the relationship between leisure activities and life satisfaction in high school students. *The Korean Journal of Developmental Psychology*, 31(2), 105-123.
- Choi, H., & Sujin, Y. (2018). Mediating effects of grit and positive psychological capital on the relationship between leisure activities and life satisfaction in high school students. *The Korean Journal of Developmental Psychology*, 31(2), 105-123.
- Clark, K. N., & Malecki, C. K. (2019). Academic Grit Scale: Psychometric properties and associations with achievement and life satisfaction. *Journal of school psychology*, 72, 49-66.
- Datu, J. A. D., Valdez, J. P. M., & King, R. B. (2016). Perseverance counts but consistency does not! Validating the short grit scale in a collectivist setting. *Current Psychology*, 35(1), 121-130.
- Della Giusta, M., Jewell, S. L., & Kambhampati, U. S. (2011). Gender and life satisfaction in the UK. *Feminist Economics*, 17(3), 1-34.
- Duckworth, A. L., Quinn, P. D., & Seligman, M. E. (2009). Positive predictors of teacher effectiveness. *The Journal of Positive Psychology*, 4(6), 540-547.

A Study of Relationship between Grit and Life Satisfaction among the Management Students

- Huéscar Hernández, E., Moreno-Murcia, J. A., Cid, L., Monteiro, D., & Rodrigues, F. (2021). Examining the dark side of motivation on life satisfaction in college students: does grit matter?. *Behavioral Psychology/Psicologia Conductual*, 29(1), 111-125.
- Jin, B., & Kim, J. (2017). Grit, basic needs satisfaction, and subjective well-being. *Journal of Individual Differences*, 38(1), 29.
- Joshanloo, M. (2018). Gender differences in the predictors of life satisfaction across 150 nations. *Personality and Individual Differences*, 135, 312-315.
- Kannangara, C. S., Allen, R. E., Waugh, G., Nahar, N., Khan, S. Z. N., Rogerson, S., & Carson, J. (2018). All that glitters is not grit: Three studies of grit in university students. *Frontiers in psychology*, 9, 1539.
- Li, J., Fang, M., Wang, W., Sun, G., & Cheng, Z. (2018). The influence of grit on life satisfaction: Self-esteem as a mediator. *Psychologica Belgica*, 58(1), 51
- Life satisfaction is decreased among the elderly people of age 65 years of age. Chen, C. (2001). Aging and life satisfaction. *Social indicators research*, 54(1), 57-79
- Martin, J. J., Byrd, B., Watts, M. L., & Dent, M. (2015). Gritty, hardy, and resilient: predictors of sport engagement and life satisfaction in wheelchair basketball players. *Journal of clinical sport psychology*, 9(4), 345-359.
- Martin, J. J., Byrd, B., Watts, M. L., & Dent, M. (2015). Gritty, hardy, and resilient: predictors of sport engagement and life satisfaction in wheelchair basketball players. *Journal of clinical sport psychology*, 9(4), 345-359.
- Matud, M. P., Bethencourt, J. M., & Ibáñez, I. (2014). Relevance of gender roles in life satisfaction in adult people. *Personality and individual differences*, 70, 206-211.
- Moksnes, U. K., & Espnes, G. A. (2013). Self-esteem and life satisfaction in adolescents—gender and age as potential moderators. *Quality of Life Research*, 22(10), 2921-2928.
- Oriol, X., Miranda, R., Bazán, C., & Benavente, E. (2020). Distinct routes to understand the relationship between dispositional optimism and life satisfaction: self-control and grit, positive affect, gratitude, and meaning in life. *Frontiers in psychology*, 11, 907.
- Sheehan, K. (2014). *Storm clouds in the mind: A comparison of hope, grit, happiness and life satisfaction in traditional and alternative school students* (Doctoral dissertation, Hofstra University).
- Şimşir, Z., & Dilmaç, B. (2021). The mediating roles of grit and life satisfaction in the relationship between self-discipline and peace: Development of the self-discipline scale. *Current Psychology*, 1-11.
- Singh, K., & Jha, S. D. (2008). Positive and negative affect, and grit as predictors of happiness and life satisfaction. *Journal of the Indian Academy of Applied Psychology*, 34(2), 40-45.
- Tuckwiller, B., & Dardick, W. R. (2018). Mindset, grit, optimism, pessimism, and life satisfaction in university students with and without anxiety and/or depression. *Journal of Interdisciplinary Studies in Education*, 6(2), 32.
- Vela, J. C., Smith, W. D., Whittenberg, J. F., Guardiola, R., & Savage, M. (2018). Positive psychology factors as predictors of Latina/o college students' psychological grit. *Journal of Multicultural Counseling and Development*, 46(1), 2-19.
- Von Culin, K. R., Tsukayama, E., & Duckworth, A. L. (2014). Unpacking grit: Motivational correlates of perseverance and passion for long-term goals. *The Journal of Positive Psychology*, 9(4), 306-312.
- Waring, A., Kernes, J. L., & Bui, N. H. (2019). The role of attachment anxiety, attachment avoidance, and grit on life satisfaction and relationship satisfaction. *Journal of Humanistic Psychology*, 0022167819844692.

A Study of Relationship between Grit and Life Satisfaction among the Management Students

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Fabyani P. (2021). A Study of Relationship between Grit and Life Satisfaction among the Management Students. *International Journal of Indian Psychology*, 9(3), 979-992. DIP:18.01.090.20210903, DOI:10.25215/0903.090