

## Vital Young Adults: Hopeful and Gritty

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### ABSTRACT

The aim of the current study was to explore the relationship among grit, hope and subjective vitality in young adults. It also investigated the gender difference in the aforementioned variables. For this purpose a sample of 120 young adults, 60 males and 60 females, pursuing graduate and post graduate programmes residing in Delhi NCR was taken. Item Grit Scale, Adult Hope Scale and Subjective Vitality Scale were used. In order to find the relationship between the study variables, Pearson correlation was run. To find out the gender difference for the variables under study, t-test was applied. The results indicated a significant relationship between hope and subjective vitality. Non-significant differences between male and female young adults on grit, hope and subjective vitality were obtained.

**Keywords:** *Grit, Hope, Subjective Vitality, Gender.*

Grit is a personality trait possessed by people who exhibit passion and perseverance towards a goal notwithstanding being gone up against by huge impediments and diversions. The individuals who have grit can self-regulate and delay their requirement for encouraging feedback while working steadily on a task. Grit is defined as "persistence and passion for long term goals" (Duckworth, Peterson, Matthews, and Kelly, 2007). Grit involves working strenuously toward difficulties, maintaining effort and interest over years in spite of failures, adversity, and levels in progress" (Duckworth, Peterson, Matthews and Kelly, 2007). Snyder, Irving and Anderson (1991, as referred to in Snyder, 2000, p.8) characterise hope as "a positive motivational state that depends on an intuitively inferred sense of successful (a) agency (goal directed energy) and (b) pathways (wanting to meet goals)". Hope theory can be subdivided into four classes: goals, pathway thoughts, agency thoughts and barriers. Goals that are important and indeterminate are described by Snyder (1994, as referred to in Snyder, 2000, p.9) as the anchors of hope theory as they give course and an endpoint to hopeful thinking. Pathway thoughts allude to the routes we take to accomplish our goals and the individual's apparent capacity to create these routes (Snyder, 2000). Agency thoughts refer to the motivation we need to undertake the routes towards our goals. Barriers hinder the

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accomplishment of our goals and in case of a barrier we can either surrender or we can utilise our pathway contemplations to make new routes. The origin of the idea of vitality is based on the self-determination theory (Deci & Ryan, 2000; Ryan & Deci, 2000) and has been defined as “energy that is perceived to emanate from the self” (Ryan & Frederick, 1997, p. 535). A positive feeling of having energy accessible to the self (Nix, Ryan, Manly, & Decy, 1999) may be seen “as reflecting a person’s being (as)fully functioning and self-realized” (Green-glass, 2006, p. 66). The experience of vitality is taken to be a collaboration between physical and psychological variables (Benyamini, et al., 2000; Cohen, et al., 2006; Polk, et al., 2005; Rozanski, 2005; Rozanski, Blumenthal, Davidson, Saab, and Kubszansky, 2005; Ryan and Frederick, 1997). While a sound body is probably going to improve one's apparent vitality, wellbeing related stressors represent potential dangers for it. The accessibility of energy plays an important role in vitality, yet is not adequate to anticipate vitality. In addition to having energy accessible, vitality is dependent upon the energy being independent and felt to exude from the self, instead of being produced by an outer source beyond one's ability to control. Ryan and Frederick (1997) depicted it as "the experience of having positive vitality, accessible to and inside the administrative control of one's self" (p. 530).

### REVIEW OF LITERATURE

Dyer (2016), seeks to find out what experiences make gritty students turn into gritty, successful adults. The five qualities this study sought to connect with grit were: belonging, ability, personal value, and influence and growth mindset. The results found that a person’s perception on their own value and their ability to influence their own lives had a positive impact on their grit level.

Kataki et al. (2013) have shown that hope has meaningful relationship with sense of vitality. This gives us knowledge into the need of making such conditions so that the students can experience intrinsic or individual states, for example, self adequacy, hope, resilience etc.

Sheehan, (2014) examined the differences in hope, grit, happiness, life satisfaction and academic achievement between the students assigned to an alternative high school and the students in a traditional high school. The findings indicated significant differences in the populations of both schools in hope agency, hope pathways, grit perseverance, life satisfaction, and academic achievement. No significant differences in populations in regard to happiness and grit consistency. Furthermore, hope agency and grit perseverance to be the greatest predictors of academic achievement.

Fini, Beige et al. (2010) studied the expecting factors of subjective vitality of students in first year understudy of Azad college of Bandar Abbas. The outcomes appeared there is genuinely great positive relationship between life skills, self-efficacy, university adjustment, life satisfaction and psychological well being with subjective vitality.

Govindji and Lindley (2007) conducted a research in order to investigate the relationship among subjective vitality, self-esteem, organismic valuing, and strengths, subjective and psychological well-being. Results showed that subjective vitality was significantly correlated with subjective well-being.

## METHODOLOGY

### *Aim:*

- To explore the relationship between grit, hope and subjective vitality.

### *Objectives:*

1. To study the relationship among grit, hope and subjective vitality.
2. To find out the difference in subjective vitality between males and females.
3. To find out the difference in grit between males and females.
4. To find out the difference in hope between males and females.

### *Hypotheses:*

1. There will be a significant relationship between grit, hope and subjective vitality.
2. There will be a significant difference in subjective vitality between males and females.
3. There will be a significant difference in grit between males and females.
4. There will be a significant difference in hope between males and females

### *Sample*

120 young adults (60 males and 60 females)

Age: 21-24 years old

Educational Qualification : Pursuing Graduate and Post Graduate Studies

Location : Delhi NCR

### *Tools:*

#### **1. The Adult Trait Hope Scale (Snyder et al., 1991) :**

It consists of 12 items. Four items measure pathways thinking, four items measure agency thinking, and four items are fillers. The internal consistency (cronbach alpha) was 0.71 though 0.84 and test retest reliability was found to be 0.81. The convergent validity of the questionnaire has been established. The participants respond to each item using an 8-point scale ranging from definitely false to definitely true.

#### **2. Item Grit Scale (Duckworth et al., 2007) :**

The questionnaire consists of 12 items. The items 1,4,6,9,10,12 are reversed score. The scoring is done by adding up the points and divide by 12. The score ranges from 1 (not at all gritty) to 5 ( very gritty). The internal consistency estimates ranging from .77 to .85 across six samples. Reliabilities for each sub scales are consistency of interests ( $\alpha = .84$ ) and perseverance of effort ( $\alpha = .78$ ).

#### **3. Subjective Vitality Scale ( Ryan and Frederick, 1997) :**

The Scale measures the state of feeling alive and alert to have energy available to oneself. The original scale has 7 items however, it is indicated that a 6 item version worked better (Bostic et al, 2000).The Cronbach's Alpha values obtained for SVS in different samples changed between .84 and .86 (Ryan & Frederick, 1997). The scale is scored by averaging the items. Since one of the item is negatively worded, it is omitted to yield better results. In this study, we have used the six item scoring by omitting item 2.

### Statistical Analysis

Mean, Standard Deviation, t-test Pearson correlation.

#### Procedure:

Participants voluntarily participated to fill the questionnaires. Completion of the questionnaires was anonymous with guarantee of confidentiality. All the subjects were informed regarding the purpose of the study before the scales were administered. The subjects took 10 minutes approximately to fill all the items. After filling the questionnaires, the subjects were thanked for their participation and cooperation.

## RESULTS

This chapter consists of 2 main sections. In the first section, the descriptive statistics of the study variables and t -values are given. The second section presents correlations among the study variables.

#### Descriptive Analysis and t value

**Table 1. The mean, standard deviation and t- value for hope, grit and subjective vitality.**

	Gender	N	Mean	Std. Deviation	t value
Hope	males	60	61.18	11.80	-0.656
	females	60	62.6	11.84	
Grit	males	60	91.16	467.74	0.034
	females	60	88.21	470.61	
subjective vitality	males	60	5.041	1.14	-0.008
	females	60	5.043	1.13	

In table 1, it is indicated that the mean value for hope in males and females is 61.18 and 62.6 respectively. The standard deviation value for hope in males and females is 11.80 and 11.84 respectively. The mean value for grit in males and females is 91.16 and 88.21 respectively. The standard deviation value for grit in males and females is 467.74 and 470.61 respectively. The mean value for subjective vitality in males and females is 5.041 and 5.043 respectively. The standard deviation value for subjective vitality in males and females is 1.14 and 1.13 respectively. The t -value for hope, grit and subjective vitality are insignificant.

#### Correlation Matrices of the study variables

**Table 2. The correlations among the study variables are presented.**

Variables	1	2	3
Hope	-	-	-
Grit	.054	-	-
Subjective Vitality	.296**	-.054	-

In Table 2, correlation between hope and subjective vitality is significant (  $r = 2.96$ ,  $p < 0.01$  )

## DISCUSSION

Over the last two decades, the concerns of scientists in psychology field have moved from , “fix-what-is-wrong” to “build-what-is-strong” (Duckworth and Seligman, 2005).

The present study was conducted with university students. College life is a period for individuals from pre-adulthood to young adults. During this period, individuals often encounter emotional difficulties, for example, misery, nervousness, and stress. It is a pivotal time for them to make their profession goals and work towards being effective in seeking their long term objectives that they have set.

Similarly, positive personal characteristics are main concern in this study. The aim of the current research was to explore the relationship between grit, hope and subjective vitality among young adults.

A significant correlation was found between hope and subjective vitality. Subjective vitality rises out of intrinsic factors (Ryan and Fredrick, 1997) for example, self esteem, perceived capacity, positive emotions and so on. Hope certainly is instrumental in working up more elevated amounts of inspiration. Kataki et al. (2013) have shown that hope has meaningful relationship with sense of vitality. This gives us knowledge into the need of making such conditions so that the students can experience intrinsic or individual states, for example, self adequacy, hope, resilience etc.

There was no significant gender difference in subjective vitality. The above findings are in accordance with Ryan and Deci (2002) and the basic need theory of SDT, the impact of the fulfillment of the need for autonomy, competence and relatedness on different records of mental wellbeing and prosperity are all inclusive and stable crosswise over sexual orientation, ages and societies where as the methods through which such need fulfillment might be accomplished may contrast crosswise over ages, sex and societies.

Similarly, no significant gender difference was found in grit. The explanations behind the findings might be on the grounds that true grit may require a steady association with one's actual self, an inward steadiness, to adapt to a world that is definitely disorderly, brimming with instability, misfortune, and changes. The result of the study might be corroborated with the results of Duckworth and Quinn (2009) who analyzed the development and validation of short grit scale and found no significant sex distinction in grit scores.

Also, no significant gender difference was found in hope. The possible reasoning for the outcome may be that stress and trauma, known as the "executioner" of hope in reality can stifle most hopeful considerations (Snyder, 2002: Snyder, 2000). Researchers have discovered little trends in contrasts amongst men and ladies in their levels of agency and pathway or how their hope advancement varies all through the life expectancy (Snyder, 2002).

While the findings bolster the thought that hope is related with subjective vitality, the examination is expansive and gives great beginning stage to future research that may be arranged toward discovering furthermore other conceivable determinants of subjective vitality. Future research should take into consideration of the sub components of grit and hope to pick up clarity on how each aspect plays a role in an individual's life.

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### **Conflict of Interest**

There is no conflict of interest.

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