



Research Paper
Impact Factor: 4.729
Refereed, Listed & Indexed

IJBARR
E- ISSN -2347-856X
ISSN -2348-0653

FLOW AND GRIT AS PREDICTORS OF LIFE SATISFACTION AND HAPPINESS IN MEDICAL PRACTITIONERS AND THEATRE ARTISTS

Neha Sharma

Ph.D Scholar, I.A.S.E, Jamia Millia Islamia.

Abstract

The present study aims to focus on positive psychology's role in human flourishing. It contends that positive psychology is not just a repair shop for broken lives. It attempts to explore the possible predictors of life satisfaction and happiness based on theoretical study and empirical investigation. Flow is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. Flow experiences do not occur in passive moments but at times when one is intensely engaged in a motivating activity, intently focused, and challenged. Grit is trait-level perseverance and passion for long-term goals. Grit entails working strenuously towards challenges, maintaining effort and interest over years despite failure, adversity, and plateaus in progress. The gritty individual approaches achievement as a marathon, his or her advantage is stamina. Life satisfaction is the cognitive component of subjective well-being. It is an evaluative appraisal of something. The term refers to both 'contentment' and 'enjoyment'. It is a judgmental process, in which individuals assess the quality of their lives on the basis of their own unique set of criteria. Happiness is the average level of satisfaction over a specific period, the frequency and degree of positive affect manifestations, and the relative absence of negative affect.

The present study aims to investigate if flow, grit, life satisfaction and happiness are significantly correlated in medical practitioners and theatre artists. It also explores if flow and grit can predict life satisfaction and happiness in medical practitioners and theatre artists. Sample for the study consists of fifty medical practitioners (trained and licensed doctors) employed in government-run hospitals and fifty theatre artists employed at National School of Drama. Tools used for data collection are: Flow Short Scale (Rheinberg et al. 2003), Short Grit Scale (Duckworth and Quinn, 2009), Satisfaction With Life Scale (Diener, Emmons, Larsen & Griffin, 1985), and General Happiness Scale (Lyubomirsky & Lepper, 1999). Data collected through the questionnaires is analyzed using SPSS 20.0 software. Descriptive analysis and inferential statistics are used. Pearson product moment correlation is carried out for the data to see the relation between the variables and multiple regression analysis is carried out to study the predictors of life satisfaction and happiness.

Introduction

Martin Seligman made a plea for a major shift in psychology's focus from studying and trying to undo the worst in human behaviour to studying and promoting the best human behaviour. Positive psychology is more than just a repair shop for broken lives. In this light the present study attempts to explore new vistas in this field.

Flow

Flow can be defined as a psychological state in which the person feels simultaneously cognitively efficient, motivated, and happy (Moneta and Csikszentmihalyi, 1996). Csikszentmihalyi and Csikszentmihalyi (1988) proposed that flow is experienced only when challenge and skill are both high. This is depicted in the "four channel model" or "the quadrant model".



Fig 1: Reformulated quadrant model (Csikszentmihalyi and Csikszentmihalyi, 1988)