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Role of Vitality in Initiating Personal Growth and Grit among Students

M. A. Bhardwaj* & S. A. Raravikar**

Abstract

This study attempted to identify the relation of vitality with personal growth initiative and grit. It was hypothesized that all the three variables would be positively correlated with one other. The Subjective Vitality Scale by Ryan and Frederick (1997), Personal Growth Initiative Scale II (PGIS II) by Christine Hirschek and The Short Grit Scale by Duckworth, Peterson, Matthews, & Kelly, (2007) were used to collect data. The statistical analysis of scores using Pearson Product Moment Correlation revealed that all the three variables do correlate positively with one other. The vitality scores are associated with higher personal growth initiative ($r=0.42$). The correlation between vitality and grit is also positive ($r=0.26$). But the personal growth initiative and grit are only weakly correlated ($r=0.012$).

Keywords: Vitality, Personal Growth Initiative and Grit

Feeling alive and energetic is critical to initiate and sustain any action. It is impossible to act without this feeling and it seems that people who feel more lively and energetic are more likely to initiate and sustain actions. The central idea of this article is to know whether people who feel more alive and energetic are more likely to initiate and sustain actions that are important to them. It is an attempt to identify the relationship of Vitality, Personal Growth Initiative and Grit.

An individual with vitality is more enthusiastic about life, people and new experiences and is more lively, having general energy for life. Vitality is defined as "energy that is perceived to emanate from the self" (Ryan & Frederick, 1997). It is seen that when vital, people experience a sense of enthusiasm, aliveness, and energy available to the self (Ryan & Deci, 2008; Ryan & Fredrick, 1997) Subjective Vitality is defined as one's conscious experience of possessing energy and aliveness (Ryan and Fredrick, 1997). It is positively correlated with physical health, psychological

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The findings extend empirical support to some earlier researchers (Ryan & Fredrick, 1997; Usyal et al., 2014; Robitschek 1998).

Conclusion

The first hypothesis of positive correlation between Vitality and initiation for growth of Senior College Third Year Students is proved. The second hypothesis of positive correlation between vitality and grit of Senior College Third Year Students is also accepted. The third hypothesis of a positive relationship between grit and initiation for growth of Senior College Third Year Students could not be proved.

Limitation of the Study : The study was carried out on a limited sample size with the Third Year Students of a conventional college in Nashik, Maharashtra, India. So caution should be taken while generalizing.

Implications :

The implications of this study are numerous. A desirable level of vitality must be ensured for desired personal growth and satisfaction.

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