

Gender differentiates the account of Grit: An Empirical Study

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ABSTRACT

Today, life is not easy as we think. Many times, hurdles make the life very challenging and sometimes, life becomes very boring. But when these kinds of situation make our life difficult or boring, positive psychology and positive psychologists play a significant role and work as a weapon in this time. The construct of "Grit" originates from positive psychology and is defined as an individual's efforts to persistently pursue long-term goals/interests. It is a non-cognitive trait of personality in the field of positive approach that helps us to achieve target in our life journey. But the question arise here is that the level of grit in male and female are equal or not. Previous studies have also found a blurred line in relation gender difference. There is lack of empirical evidences that address the blurring boundaries between males and females in this construct. The present study aims to explore the difference between males (n=64) and females (n=86) on Grit Scale. The sample comprised of 150 participants (aged 18–30 years). The Grit Scale was administered on all the respondents and scored as per the manual. The data would be analyzed using t-test analysis.

1. Introduction

In psychology individual's positive self-care approaches is considered as a buffering agent in opposition to the negative effects of stressors. Positive psychology has begun to foster change in the study of adolescence by directing increased attention to the importance of building on adolescents' strengths and abilities as a means to promote positive outcomes. It focuses on the humanistic movement, which encouraged an emphasis on happiness, well-being, positivity and strength of human being. Traditionally, research with adolescents with cognitive disabilities has been narrowly focused on deficits in functioning and on negative outcomes that result from these deficits (e.g., learned helplessness, negative perceptions of control, and academic failure but positive psychology movement has brought increased attention to the importance of building on positive characteristics as a means to promote valued outcomes in adolescents both with and without disabilities.

Grit is a kind of psychological concept which includes positive aspect and is based on non-cognitive trait which combines an individual perseverance of effort with the passion to achieve a particular long term goal and it's a powerful motive of force which push an individual to achieve his/her objective (Duckworth, Peterson, Matthews & Kelly, 2007). Duckworth and Gross (2016) found in their study that there are individual differences exist on the dimension of grit i.e. facets-perseverance of effort and consistency of interests over time in part from differences in what makes people happy. When we compare those peers having high level of grit with the peers having low level of grit, the peers having high level of grit shows greater persistence while working towards the attainment of their goal by overcoming setbacks, distractions, or other forms of interference, Within educational contexts, grit is portrayed as a potentially important influence on outcomes such as students' engagement, achievement level, retention and probability of graduation (Duckworth and Quinn 2009; Maddi et al. 2012).

2. Characteristics of grit

- Courage, long term goal and achievement oriented
- Optimism and confidence
- Excellence and perseverance of efforts
- Passion and perfection

3. Factors affecting grit

Here are many factors that affect the grit, in which some are internal and some are external that definitely determine the level of grit of an individual.

- Interest: whatever you like to do of your interest, just enjoy it.
- Practice: put some continuous efforts so that you can overcome your weakness and your performance can be improved.
- Purpose: keep believing yourself that your hard work also matters and try to improve the life of others as well.
- Hope: have a faith in your skills and potential to achieve your goals and make yourself competent to overcome the difficulties of life.
- Parental style, Socioeconomic status and races
- Environment, culture and gender

4. Grit and Gender

There are gender differences in the factors which are important for succeeding. For example, A study was conducted by Nyberg, Hanson, Leineweber, and Johansson in 2015 on men and women in which it was found that high procedural justice is an important predictor of success in women, while for men an important predictor is using a open kind of coping strategy i.e. the focus of this kind of strategy is on finding a solution to the problem by applying appropriate behavior in terms of expressing feelings also. Some of the researcher has considered grit as an important predictor of success (Duckworth & Quinn, 2009), and its level can vary among gender groups. A research which was conducted by (Christensen & Knezek, 2014), in which a significant difference

was seen on the dimension of consistency of interest facet and perseverance of effort facet which was higher for women than men. Rogoza, Najderska, Karaś, Ponikiewska and Wyszynska (2017) confirmed gender differences only on facet-perseverance of efforts. Review of literature is given a blurred boundary related to facets of grit. So, this study is conducted to draw a clear line gender difference in relation to grit.

5. Objectives of the study

To study the difference between male and female sample on grit scale.

6. Hypothesis

There would be no significant difference between males and females on grit scale.

7. Methodology

Sample: A non random sample of 150 participants (64 males, 86 females), belonging to age group from 18-30 years was selected on the basis of availability from PDM University of Bahadurgarh, Haryana.

Measures

9. Results and Discussion

Grit Scale [GS; Duckworth, Peterson, Matthews & Kelly (2007)]: GS has been developed to assess the level of grit of individual through 12 items. It has two distinct factors namely consistency of interest and perseverance of effort. Response category for each statement is based on 5-point likert's scale ranging from 1 to 5 and vice-versa because positive (1, 4, 6, 9, 10, 12) and negative (2, 3, 5, 7, 8, 11) items are included. GS has good internal consistency (Alpha Coefficient = 0.94). It investigates two factors showed sufficient internal stability and were firmly interactive ($r = 0.59, p < .001$).

8. Procedure

To meet the objectives of the present research work, participants were contacted individually or in a small group and those who gave their consent were selected for the present study. When the participants were comfortable and ready for testing, grit measure was given to them along with the demographic and consent form. All the participants were asked to answer each and every item without leaving any statement unanswered. Though there was no time limit but the respondents were requested to give the responses quickly and honestly. At the end of the assessment participants were thanked for their cooperation. The responses were scored as per the manuals. To accomplish the objectives of the present investigation, the data was analyzed using t-test analysis.

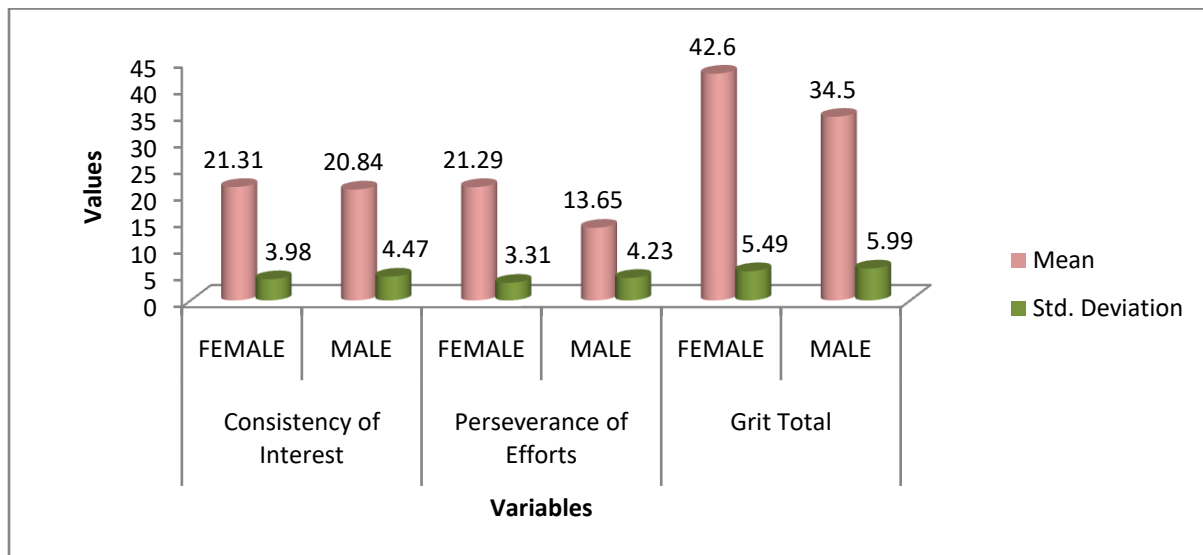


Figure1: Mean & SD value of Male and Female on different dimensions of Grit.

Table 1:
Descriptive Statistics and t value on grit

Variables	Groups	N	Mean	SD	df	t-value
Consistency of Interest	Male	64	20.84	4.47	148	0.68
	Female	86	21.31	3.98		
Perseverance of Effort	Male	64	13.65	4.23	148	12.37*
	Female	64	21.29	3.31		
Grit Total	Male	64	34.50	5.99	148	8.60
	Female	86	42.60	5.42		

* Sig. at 0.01 level

From the above table-1, on the dimension of consistency of interest, the mean value of the male and female was found to be 20.84 & 21.31, and the SD value was found to be 4.47 & 3.98 and the t-value is 0.68 which is non-significant. It clearly states that male and female do not differ on the dimension of consistency of interest. On the dimension of perseverance of effort, the mean value of the male and female was found to be 13.65 & 21.29, and the SD value was found to be 4.23 & 3.31 and the t-value is 12.37 which is significant at 0.01 level. It means that there is a significant difference between male and female on the dimension of perseverance of effort. While taking the total score of grit, the mean value of male and female was found to be 34.50 & 42.60, and the SD value was 5.99 & 5.42 which is non-significant. It means that the male and female do not differ on the total score of grit.

By looking into the above results, a significant difference has been found only on the dimension of perseverance of efforts between male and female. On the basis of mean value, female have the higher score than the male which indicate that females are higher than the males on the dimension of perseverance of efforts which clearly indicates that females maintain their pace at the maximum level when we talk about hard work and dedication to achieve a long term goal than males. Whenever they are faced with difficult challenge, they try to overcome it with the same efforts and hard work which they usually show in some other situations and they do not stop themselves until they finish the task completely. Even the unfamiliar situation do not discourage them to move back and they become highly motivated and dedicated towards their work, so, that this kind of situation can be overcome by putting maximum efforts into it. In general females are more

perseverant than males. The similar findings have also been revealed by Christensen & Knezek, 2014; Rogoza et al., 2017.

10. Implications of the study

The result of the study found that grit as a construct is different from Resilience; two came out to be distinct and independent factors in Indian context. This is a new kind of study which should be taken in consideration and more work should be done in Indian context to find out the positive benefits of grit. The population should be made familiar with this variable. The findings of the present study points towards the need to study Grit in culture specific context and further highlights the need for developing a culture specific tool for measurement of grit in Indian population.

11. Limitations of the study

- All the measures of Grit were in English. So, the respondents who were fluent in English were included in present study. But majority of the Indian population is Hindi speaking especially illiterate and elderly population.
- The study lacks a comprehensive assessment because of all the scales in the present study are not based on qualitative criteria.
- The study was limited to young adults; the early adulthood stage therefore the age range of the participants may have been too narrow. The construct of grit needs to be studied in other age groups.
- The present study was based on self-reported data which could be inherently susceptible to biases.
- Some other variable would also be taken i.e. personality traits, hope etc.

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