

Personal Growth Initiative (PGI) and Life Satisfaction: Moderating and Mediating Effect of Grit

Eyüp ÇELİK
Turkey

The aim of the study is to explore the mediating and moderating effect of the characteristic of grit in the relationship between life satisfaction and personal growth initiative. Data were collected through the Turkish versions of the Personal Growth Initiative Scale, Grit Scale, and Satisfaction with Life Scale from 239 university students between the ages of 20 and 25 years ($M = 22.18$, $SD = 4.68$). The findings revealed that life satisfaction was related to grit and personal growth initiative. Mediation and moderation analyses, which tested the study's hypothesis, demonstrated that the life satisfaction and personal growth initiative relationship was partially mediated by grit, and this relationship was affected by interaction among grit and personal growth initiative. However, according to the results of the mediation and moderation analyses on the alternative mediation and moderation model, the relationship between life satisfaction and grit was partially mediated by PGI. That is, although the effect of PGI on life satisfaction is changed based on grit level, the effect of grit on life satisfaction was changed based on PGI levels. These results suggest that PGI and grit are reciprocal determinant variables on life satisfaction.

Keywords: Life satisfaction, Personal growth initiative, Grit, Mediator, Moderator.

A very significant construct for people of all ages is subjective well-being. This construct comprises two components, the first of which is called the affective component; this is generally divided into subcategories of pleasant and unpleasant affect (Diener, 1990 cited in Pavot, & Diener, 1993). The second component is cognitive, which considers life satisfaction (Andrews & Withey, 1976 cited in Pavot & Diener, 1993). According to Sousa and Lyubomirsky (2001), life satisfaction is an appraisal of the difference between expectations and achievements of one's life. It is also a general evaluation of an individual's overall life in terms of quality (Shin & Johnson, 1978). Life satisfaction is negatively related to various health-compromising experiences, including substance abuse (Zullig, Valois, Huebner, Oeltmann, & Drane, 2001) and acts of violence (Valois, Zullig, Huebner, & Drane, 2001).

It also has negative relationships with indicators of psychological problems, such as loneliness, suicidal attitudes, and depression (Swami et al., 2007). On the other hand, the findings of previous studies revealed that life

satisfaction is positively associated with general health (Chmiel, Brunner, Martin, & Schalke, 2012). By examining previous research, it shows the relationship between life satisfaction and personal growth initiative (e.g., Yang & Chang, 2014) and life satisfaction and grit (e.g., MacCann & Roberts, 2010; Singh & Jha, 2008). However, there is no existing research which examines whether grit has a mediating or moderating effect on the life satisfaction and personal growth initiative relationship. Thus, this study is important to understand university students' life satisfaction and to find out which variables promote increased life satisfaction.

Grit

Grit is characterized by a strong willingness to maintain goal-directed actions and resistance of challenges and obstacles in long-term projects (Duckworth & Quinn, 2009). According to Duckworth, Peterson, Matthews, and Kelly (2007), gritty people maintain effort and interest throughout several years for long-term plans despite adversity and failure, and they are more resistant to hardships than others. For non-gritty people, signals of disappointment or boredom