

Exploring the Mindset and Grit among Young Adults of Uttar Pradesh and Jammu and Kashmir

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ABSTRACT

Over years, enough significance has been given to the mindset of an individual. The type of mindset-growth or fixed, determines whether a person will eventually excel in life or will have to face circumstances that are relatively arduous. The current research has an objective to investigate the mindset and grit in the young adults of two different locations of India, where the location plays a role in maintaining the differences of security and culture. To test this assertion, this extensive study was conducted using the Dweck Mindset Instrument and the Short Grit Scale on young adults (N=100) segregated based on their residential locations as being Uttar Pradesh (50) and Jammu and Kashmir (50). The result of the study suggested that mindset was high among young adults from Uttar Pradesh which means they has growth Mindset in comparison to young adults from Jammu and Kashmir which means they has fixed mindset. The grit was found to be more among young adults from Uttar Pradesh but the result was non-significant. Further, there exists a significant correlation between mindset and grit among young adults.

Keywords: Mindset, Grit, Jammu and Kashmir, Uttar Pradesh, Young Adults.

INTRODUCTION

“If my mind can conceive it and my heart can believe it, then I can achieve it.”- said by Muhammad Ali, manifests as a frequently cited quote. Mindset, one of the variables of this research is said to be a set of convictions of our own characteristics. Mindset is an interpretative interaction that informs us about what is happening around us. It deems to be a mental attitude that predestines an individual's response to a particular circumstance and thereby interprets it. Hence, mindset can be perceived as individuals' convictions about the idea of human ascribes, like intelligence or personality (Dweck, 2012).

The advancement of Mindset Theory initially started during the 1970s. This was the time when Carol S. Dweck noticed in her examinations that the youngsters responded diversely to difficulties and misfortunes. Several psychologists, over time, have attempted to study mindsets in their extensive

research and their researchers could be concluded as designating mindsets as individual's thoughts about the idea of traits possessed by an individual analogous to intelligence and personality (Dweck 2012). The concept of fixed and growth mindsets has taken the top shelf in the research of cognitive psychologists. Whenever there's a discussion about mindset, its subparts, fixed and growth mindsets are extensively studied in order to get a clearer picture of the concept. A fixed mindset is said to lay the conviction that certain qualities and capabilities are fixed for an individual and these cannot be altered. For instance, certain people believe that they have a certain amount of knowledge with them and they cannot alter this intelligence or that every individual has specific personality traits or good character and can't do anything to modify it.

In contrast, growth mindsets can have a different influence on the minds of people. They may be adamant about the fact that certain personality and intelligence attributes cannot be changed. They believe that an individual can, at any particular time in life, modify their intelligence levels through substantial efforts towards their education. Not only this, a growth mindset also focuses on the alteration of the character of an individual through certain steps.

Individuals may likewise stay resolute at a fixed or growth mindset for other individuals. At the point when they hold a fixed attitude, they will in general shape fast quality based decisions of others, the two people and gatherings. Furthermore, it has been demonstrated that possessing a certain type of mindset can have an effect on an individual's attitude towards learning and challenges faced in life, which in turn may influence the goals, efforts put in by the individual, and reactions to difficulties (Dweck, 2000).

The term grit is described by hard work or invariance characterized by perseverance and enthusiasm for a long-term goal and adds to the support of effort and interest, despite the failure of progress. Duckworth et al (2007) presented grit as a non-intellectual construct and arranged it opposite other personality attributes, including restraint, good faith, perseverance, and objective direction. Duckworth suggested in her extensive study on grit why some individuals are more likely to succeed in a particular task or even life, as a whole, and no others. She managed to theorize the significance of grit in success.

Duckworth et al (2007) presented grit as a non-intellectual build and arranged it opposite to other personality qualities, including self-control, conscientiousness, and determination, goal direction. The reasonable significance of grit lies in its capacity to foresee persistence, and in this manner scholarly, occupational, general life goals, and different markers of life success. Over the previous decade, grit has pulled in expanding consideration from instructive psychologists and arisen as a huge non-cognitive indicator of understudies' scholarly accomplishment (Duckworth & Quinn, 2009).

Grit was initially conceptualized as a stable character attribute, which consists of two parts (Duckworth et al., 2007): determination of perseverance of Effort (PE) and consensus of interest (CI). PE involves the detailed tendencies of members, even in the face of misfortune and interruption, to support spending a lot of time and energy to achieve long-term goals. On the other hand, CI reflects the tendency of members to stick to certain goals for a long time. As its definition indicates, value applies to achievement results, because it emphasizes the originality of the task and the consistency

of the pursuit of goals, which is a prerequisite for outstanding achievement (Andersson & Bergman, 2011).

Grit comes across as a non-cognitive quality, a driving force that enables a person to tackle problematic errands within a persistent range of time (Duckworth, 2016), and helps clarify why two skills are equivalent. Results that are considered to be people perform or complete are significantly different from each other (Credé et al., 2017). The people who are most gritty seem to have made more significant achievements in academic and nonacademic performance, and have a more significant level of inspiration when looking for ways to achieve their goals.

Methods and Materials

1. Objective: The study aimed at comprehending the difference in mindset and grit among young adults of Jammu and Kashmir and Uttar Pradesh.

2. Sample Size: Participants have been selected by using random sampling methods from the states of Uttar Pradesh and the union territory of Jammu and Kashmir, India. Jammu and Kashmir, union territory of India, situated in the northern piece of the Indian subcontinent focused on the fields around Jammu toward the south and the Vale of Kashmir toward the north. Uttar Pradesh, the most crowded and fourth biggest province of India. It lies in the north-focal piece of the country. A total of 100 participants ($n=100$) in the age range of 18-25 years of age were chosen from both states for this study. Individuals from Uttar Pradesh counted to a total of 50 ($n_1=50$). While those from Jammu and Kashmir were 50 ($n_2=50$).

3. Location: The location of residing of the participants was taken as another independent variable in the study. The two locations chosen were Uttar Pradesh and Jammu and Kashmir. Participants from these two states were chosen via the random selection method. The two locations were chosen in light of the fact that there are cultural and security differences between the two states. Then people residing in the state of Jammu and Kashmir are more or less under the influence of the threat emanating from the various terrorist activities in certain parts of the state frequently. Whereas in Uttar Pradesh, no such activity is witnessed as frequently as in the other state. Thus, keeping in mind these differences, it was presumed that the young adults might have an influence over their mindset as a result of their differing grit levels consistent with the location differences.

4. Assessment Instruments and Measures

i. Mindset: The Dweck Mindset instrument developed by Dweck (2008) was taken into account so as to assess the mindset of the participants in the study. Dweck Mindset Instrument is a self-fulfillment survey that is often used to assess whether students have a fixed or growing perspective. The survey includes 16 items and is a 6-point Likert-style list. Respondents answered questions such as strongly agree, agree, mostly agree, most disagree, disagree, and strongly disagree.

ii. Grit: The Short Grit Scale (Grit-S) developed by Duckworth and Quinn (2009) is a 5-point Likert scale, with options ranging from "not at all like me" to "very much like me." The score ranges from 1 (lowest score) to 5 (highest score).

5. Procedure: This study aims at finding out the correlation between mindset and grit of the entire sample. Another aspiration of the study is to compare the means of grit and mindset between the sample of the two locations- Uttar Pradesh and Jammu and Kashmir. A total of 100 participants were chosen for the study. These 100 participants were chosen based on their age- 18 to 25 years and their locations of residing- Uttar Pradesh and Jammu and Kashmir. The data was collected by distributing questionnaires to the participants. The participants were required to fill the consent form before filling up the questionnaires.

6. Data Analysis: For statistical analysis the techniques used were mean, standard deviation, t-test and Karl Pearson's coefficient of correlation.

Results

Table 1: Locale-wise difference in the mean scores of Mindset among youth in Uttar Pradesh and Jammu and Kashmir

| MINDSET | | | | |
|---|-------|-------|---------|---------|
| Location | Mean | SD | t-value | p-value |
| Uttar Pradesh (n ₁ =50) | 74.4 | 10.45 | 2.55 | p<0.05 |
| Jammu and Kashmir (n ₂ =50) | 68.68 | 11.87 | | |

The mean score for mindset among youth in Uttar Pradesh came out to be 74.4, and standard deviation was found to be 10.45; and mean score for mindset among youth in Jammu and Kashmir was 68.68 along with standard deviation of 11.87. Also, there was a significant difference in the mean scores of two locations ($t=2.55$; $p<0.05$) wherein youth from Uttar Pradesh had growth mindset in comparison to youth from Jammu and Kashmir.

Table 2: Locale-wise difference in the mean scores of Grit among youth in Uttar Pradesh and Jammu and Kashmir

| GRIT | | | | |
|---|------|------|---------|---------|
| Location | Mean | SD | t-value | p-value |
| Uttar Pradesh (n ₁ =50) | 3.35 | 0.69 | 0.87 | p>0.05 |
| Jammu and Kashmir (n ₂ =50) | 3.29 | 0.66 | | |

The mean scores of grit for participants from two different locations was calculated. The mean score of grit for 50 participants of Uttar Pradesh came out to be 3.35; whereas for the participants of Jammu and Kashmir, it was found to be 3.29. For the same sample population of Uttar Pradesh, the standard deviation for grit came out to be 0.69; whereas for Jammu and Kashmir, it was 0.66. The t-test statistical analysis was also done to find out the difference between the mean scores of grit of the two

locations. The t-test scores came out to be 0.87 which revealed non-significant difference in the mean scores of two locations but on comparing the mean scores, it was found that youth from Uttar Pradesh had little better grit in comparison to youth from Jammu and Kashmir.

Table 3: Correlation Analysis between Mindset and Grit among Youth.

| Correlation Analysis | Mindset (r) | p-value | df |
|----------------------|-------------|---------|----|
| Grit | 0.26 | p<0.05 | 98 |

The correlation was computed between mindset and grit to contemplate if the variables were correlated or not. It was found that mindset and grit showed a positive correlation ($r=0.26$; $p<0.05$).

Discussion and Conclusion

The aim of the present study was to investigate the effect of locale difference in mindset and grit among young adults of Jammu and Kashmir and Uttar Pradesh. Also, to find out the correlation between mindset and grit among young adults. The psychometric tools used to collect the information from the sample of the population were the Short Grit-s scale and the Dweck Mindset Inventory. A total sample of 100 youngsters was taken segregated as 50 from Uttar Pradesh and 50 from Jammu and Kashmir, upon their consent to be a part of this investigation.

The result of the study revealed that mean score for mindset among young adults in Uttar Pradesh was significantly more as compared to mindset among youth in Jammu and Kashmir. As far as grit is concerned, the level of grit was assumed to depend on the type of mindset and the location difference. The results showed that the mean score of young adults of Uttar Pradesh was more than those of Jammu and Kashmir but it was non-significant. This can be interpreted as the participants of Jammu and Kashmir and Uttar Pradesh having no notable difference between the levels of grit. The location does not tend to have any substantial impact on the levels of grit of the participants. Further, the relation of mindset with grit was found to be significant and positive. The positive correlation here indicates that the variables are interrelated in a manner that if one variable increases, the other also increases.

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