



THE UNIVERSITY *of* EDINBURGH

Edinburgh Research Explorer

Do grittier people have greater subjective well-being? A meta-analysis

Citation for published version:

Hou, XL, Becker, N, Hu, TQ, Koch, M, Xi, JZ & Möttus, R 2021, 'Do grittier people have greater subjective well-being? A meta-analysis', *Personality and Social Psychology Bulletin*.
<https://doi.org/10.1177/01461672211053453>

Digital Object Identifier (DOI):

[10.1177/01461672211053453](https://doi.org/10.1177/01461672211053453)

Link:

[Link to publication record in Edinburgh Research Explorer](#)

Document Version:

Peer reviewed version

Published In:

Personality and Social Psychology Bulletin

Publisher Rights Statement:

The final version of this paper has been published in the Personality and Social Psychology Bulletin, Vol/Issue, Month/Year by SAGE Publications Ltd, All rights reserved. © Xiang-Ling Hou, Nicolas Becker, Tian-Qiang Hu, Marco Koch, Ju-Zhe Xi, René Möttus, 2021. It is available at:
<https://journals.sagepub.com/doi/10.1177/01461672211053453>

General rights

Copyright for the publications made accessible via the Edinburgh Research Explorer is retained by the author(s) and / or other copyright owners and it is a condition of accessing these publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy

The University of Edinburgh has made every reasonable effort to ensure that Edinburgh Research Explorer content complies with UK legislation. If you believe that the public display of this file breaches copyright please contact openaccess@ed.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.



Do grittier people have greater subjective well-being? A meta-analysis

Xiang-Ling Hou^{1,2}, Nicolas Becker³, Tian-Qiang Hu⁴, Marco Koch³, Ju-Zhe Xi^{1*}, René Mõttus²

¹Shanghai Key Laboratory of Mental Health and Psychological Crisis Intervention, Affiliated Mental Health Center (ECNU), School of Psychology and Cognitive Science, East China Normal University, Shanghai, China.

²Department of Psychology, University of Edinburgh, UK.

³Personality Psychology and Psychological Assessment, Saarland University, Germany.

⁴Center for Mental Health Education, School of Psychology, Southwest University, Chongqing, China.

Abstract

The present study conducted a meta-analysis to examine the relation between grit and subjective well-being (SWB). The association between grit (i.e., overall grit, perseverance of effort, and consistency of interest) and SWB (i.e., positive affect, negative affect, happiness, depression, life satisfaction, job satisfaction, and school satisfaction) were synthesized across 83 studies and 66,518 participants. The results based on a random-effects model showed a substantial correlation between overall grit and SWB ($\chi = .46$, 95%-CI [.43, .48]), followed by perseverance of effort ($\chi = .38$, 95%-CI [.33, .43]) and consistency of interest ($\chi = .23$, 95%-CI [.17, .28]). The moderator analysis indicated that the correlations between overall grit / consistency of effort and SWB become weaker as age increased and these links were stronger in affective well-being than in cognitive well-being. Moreover, grit explained unique variance in SWB even after controlling for conscientiousness. Implications and directions for further research are discussed.

Keywords

grit, subjective well-being, perseverance of effort, consistency of interest, meta-analysis

Do grittier people have greater subjective well-being? A meta-analysis

Grit – the pursuit of long-term goals with perseverance and passion – has received much attention since it was proposed by Duckworth and her colleagues in 2007. Although a relatively new psychological concept, it has been studied in diverse contexts and various populations. For example, studies have shown that grit is significantly associated with a range of positive achievement and performance outcomes, such as educational attainment, grade point average (GPA), and retention in school (Duckworth et al., 2007; Duckworth & Quinn, 2009), academic achievement (Jiang, Xiao et al., 2019), and entrepreneurial success (Mooradian et al., 2016).

In addition to achievement and performance outcomes, growing evidence suggests that grit is positively linked with aspects of physical and mental health, including the intensity of physical exercise (Reed et al., 2013), meaning of life (Kleiman et al., 2013), and psychological well-being (Lan et al., 2019). Among them, the correlation between grit and subjective well-being (SWB) is of special interest. Many studies found that persons with a higher grit level tend to report higher SWB (e.g., Akbağ & Ümmet, 2017; Jiang, Jiang et al., 2019; Jin & Kim, 2017), while others have showed that the associations were non-significant or even negative (Datu et al., 2016; Disabato et al., 2018; Kwon, 2021), and no study has summarized the correlation between grit and SWB.

Therefore, we performed a meta-analysis to obtain a more precise and generalizable estimate of the grit-SWB relation and examined the potential moderators that might influence its strength. The remainder of the introduction consists of four sections. First, we present definitions of grit and SWB. Second, we discuss the relation between grit and SWB from a theoretical and an empirical perspective. Third, we introduce potential moderators that might influence direction and strength of the grit-SWB relation. Finally, we describe previous meta-analytic syntheses of the relationship between conscientiousness (a related but not identical construct to grit) and SWB.

Grit

Duckworth et al. (2007) defined grit as “perseverance and passion for long-term goals” (p. 1087). Furthermore, they distinguish between two lower order facets: perseverance of effort and consistency of interest. Perseverance of effort refers to working hard despite of failure, adversity, and setbacks, while consistency of interest captures a tendency to keep interest and passion for long-term goals. In a series of studies, Duckworth and her colleagues (Duckworth et al., 2011;

Duckworth et al., 2007; Duckworth & Quinn, 2009) demonstrated that grit is a significant and strong predictor of success and performance. They argued that the overall grit has stronger associations with these outcomes than its two facets alone, which is in line with the views of Schmidt and Hunter (2015). However, other researchers (Credé, 2018; Credé, Tynan, & Harm, 2017; Disabato et al., 2018) disagree with this view and argue that perseverance of effort and consistency of interest differ in their association strengths and should therefore be considered separately; this is consistent with a pattern pertaining to personality characteristics suggesting that narrower traits generally out-predict their composites (e.g., Paunonen & Ashton, 2001; Mõttus, 2016; Mõttus et al., 2020; Seeboth & Mõttus, 2018). Also, Credé et al. (2017) argued that there are methodological limitations in testing whether grit is a higher-order model or a two-factor model. Thus, we examined overall grit and its two facets simultaneously, while focusing more on these two facets.

Subjective Well-Being

Subjective well-being relates to how people evaluate their life and is defined as an individual's overall state of subjective wellness (Diener, 1984). Typically, researchers (Diener, 1984; Diener et al., 1999) argue that SWB is a broad concept with two different facets: affective well-being and cognitive well-being. Affective well-being is characterized by the presence of positive or pleasant affect (e.g., happiness) and the absence of negative or unpleasant affect (e.g., depression). Cognitive well-being, on the other hand, refers to the cognitive evaluation of overall life (i.e., life satisfaction) as well as of specific life domains (e.g., job satisfaction, school satisfaction). Based on these two components and prior studies (Luhmann et al., 2012; Steel et al., 2008), we regard positive affect, happiness, negative affect, depression, life satisfaction, job satisfaction, and school satisfaction as indicators of SWB and use the generic term "SWB" to encompass these indicators of subjective well-being.

The Relation between Grit and Subjective Well-Being

There are two relevant theories that account for the correlation between grit and SWB: (a) Telic or goal theory (Emmons, 1986; Michalos, 1980), and (b) top-down theories of SWB (Diener, 1984; Diener & Ryan, 2009).

First, telic or goal theory (Emmons, 1986; Michalos, 1980) assumes that people are

consciously seeking goals and that reaching these goals results in well-being and happiness. Evidence from a meta-analysis conducted by Klug and Maier (2015) supports this notion as they found that successful goal striving and SWB are positively interrelated. Grit might facilitate the process of goal achievement by alleviating adverse impacts of failure and setbacks, as people who have higher level of grit can continue their efforts to reach goals even if witnessing the negative feedbacks or adverse impacts from obstacles (Duckworth et al., 2011; Duckworth et al., 2007). In this way, “grittier” individuals should be more likely to reach their goals and therefore show higher levels of SWB.

Second, the correlation between grit and SWB could be explained by top-down theories of SWB (Diener, 1984; Diener & Ryan, 2009). These claim that a relatively stable personality trait might contribute to SWB by influencing the way people interact with and interpret reality. Accordingly, individuals with positive attitudes or perspectives might interact with and interpret certain things more positively than those with negative attitude. People high in grit tend to have a more positive attitude towards themselves, life, and the world because such people exhibit a more optimistic way when they face adversities and setbacks (Duckworth et al., 2009; Jin & Kim, 2017). Moreover, some empirical studies have demonstrated that grit was significantly positively associated with optimistic attitudes (O’Sullivan et al., 2019; Sheridan et al., 2015). Thus, grit might contribute to the development of SWB. This point is in line with the results of a meta-analysis of the personality-SWB relation indicating that conscientiousness is significantly related to SWB (Steel et al., 2008).

In addition to these theoretical considerations, a number of recent empirical studies directly demonstrated the positive relation between grit and SWB (e.g., Arya & Lal, 2018; Li, Lin et al., 2018; Vainio & Daukantaite, 2016). For instance, Jiang, Jiang et al. (2019) conducted two studies (i.e., a cross-sectional survey and a 21-day diary study) among high school students and college students respectively, finding higher grit to be associated with higher SWB. However, the relation between grit and SWB varies between and within studies. More specifically, grit and its two facets show different (i.e., non-significant or negative) correlations with SWB (Datu et al., 2016; Disabato et al., 2018; Akbağ & Ümmet, 2017; Barete, 2019; Kwon, 2021). This may indicate that the associations depend on specific sub-components of these grit facets, as they are differently

sampled in different grit instruments (Mõttus, 2016). Nevertheless, they agree that grit has an association with SWB, and the strength of this association may vary across samples and studies. For these reasons, we would conduct a meta-analysis to examine the associations between grit, its facets and SWB, and clarify the roles of demographic (e.g., age and culture) and methodological (e.g., measure of grit and facet of SWB) moderator variables.

Potential Demographic and Methodological Moderators

Age

Age might be a moderator in the relation between grit and SWB. Wenner and Randall (2016) found that the relation between grit and prosocial behavior varied with age. This might also be true for the relation between grit and SWB as prosocial behavior has a strong association with SWB (Yang et al., 2017). Both meta-analytical (Credé et al., 2017) and empirical studies (e.g., Kwon, 2021; Pennings et al., 2015; Samson et al., 2011; Vainio & Daukantaite, 2016) found that age has a positive association with grit. Furthermore, the relation between grit and SWB was higher in young adults (e.g., $r = .44$, Renshaw & Bolognino, 2016; $r = .38$, Sheridan et al., 2015) than in adolescents (e.g., $r = .34$, Jiang, Jiang et al., 2019; $r = .21$, Li, Lin et al., 2018), but some have also found a high correlation in adolescents ($r = .41$, Clark & Malecki, 2019). Thus, there might be a dynamic association between grit and SWB and a meta-analysis will help to clarify the strength of grit-SWB relation in individuals' life span.

Culture

Several researchers argue that predictors of SWB might vary by cultural values in which individuals are embedded (Diener et al., 2003; Schimmack et al., 2002). Hence, it is reasonable to hypothesize that the correlation between grit and SWB also varies between different cultures. In collectivistic cultures, for example, people tend to emphasize relationship-oriented goals or group goals, while pursuing personal goals is emphasized more in individualistic cultures (Triandis, 1995). In a meta-analysis, SWB was most strongly associated with cultural values that foster relationships and social capital (Steel et al., 2018). Both cross-sectional (Emmons, 1991) and longitudinal studies (Salmela-Aro & Nurmi, 1997) also found that goals related to social relationships and family correlate with SWB more strongly than goals related to self. Moreover, working with others can satisfy individuals' belongingness, reflecting individuals' fundamental

need to be an accepted member of a social group (Baumeister & Leary, 1995), whereas individualism can disrupt fulfilling this need. Indeed, Steel et al. (2018) found that individualism was negatively associated with life, family, and job satisfaction even after controlling for wealth.

As a result, it is possible that grit has a stronger relation with SWB in collectivistic cultures than in individualistic cultures. A few studies (Disabato et al., 2018; Kwon, 2021; Liu & Mõttus, 2021) indicated that the correlation between grit and SWB varied across different cultures. For example, Disabato (2018) and Kwon (2021) found that the grit-SWB relation was higher within collectivistic cultures than in individualistic cultures. According to Hofstede's (2001, p. 215) classification of culture, we compared individualistic cultures (i.e., the United States, Canada, Australia, Finland, Sweden, Switzerland, Spain, and Romania) with collectivistic cultures (i.e., China, Colombia, Japan, South Korea, Philippines, Malaysia, Turkey, Peru, Pakistan, and Ghana) in the relation between grit and SWB. Countries with Individualism Index Values exceeding the mean of 53 were classified as individualistic and the others collectivistic.

Measure of Grit

The most widely used measure of grit is the 12-item Original Grit Scale (Grit-O; Duckworth et al., 2007) and the 8-item Short Grit Scale (Grit-S; Duckworth & Quinn, 2009). These two measures comprise two subscales assessing perseverance of effort and consistency of interest, respectively. Each item is rated on a 5-point scale ranging from 1 ("not like me at all") to 5 ("very much like me"), with a higher score representing a higher level of grit. Both of them demonstrated adequate psychometric properties among different samples (Duckworth et al., 2007; Duckworth & Quinn, 2009). Although Duckworth and Quinn (2009) found that the Grit-S had better predictive validity than the Grit-O in validation studies involving performance, achievement, and retention, Duckworth et al. (2021) argued that compared with the Grit-S, the Grit-O could better distinct perseverance of effort from consistency of interest. Moreover, according to the definition of grit, the pursuit of long-term goals is particularly important to distinguish grit from other relevant constructs; yet the Grit-S removed three items with strong content validity and only one of the remaining items reflects this core element. Thus, we tested the differences of the correlation of grit and SWB between the two test versions.

Facet of Subjective Well-Being

As SWB consists of affective well-being and cognitive well-being (Diener, 1984; Diener et al., 1999), we explored whether they have different relations with grit. Affective well-being can be viewed as a momentary state (feelings or emotions), and easily fluctuate in short-term, whereas cognitive well-being considered to be more stable reflecting the evaluations of global and specific domains of life (Eid & Diener, 2004). From this perspective, grit might have a stronger relation with cognitive well-being as grit means sustained efforts towards long-term goals. Several studies have lent support to this notion. For instance, Schimmack et al. (2008) examined the associations of personality traits with affective well-being and cognitive well-being, demonstrating that conscientiousness had a stronger correlation with cognitive well-being than affective well-being. Additionally, Von Culin et al. (2014) examined the relation between grit and three facets of happiness (pleasure, meaning, and engagement); they found that grittier individuals are happier through meaning and engagement rather than via pleasure. More directly, in a nationally representative sample ($N = 2,963$), Jiang, Jiang et al. (2019) indicated the relation between grit and life satisfaction ($.34$) was stronger than that between grit and affect (negative = $-.31$; positive = $.24$). Thus, in the present study we compared the particular relation of grit with affective well-being (positive affect, happiness, negative affect, and depression) and cognitive well-being (life satisfaction, job satisfaction, and school satisfaction).

Prior Meta-Analytic Syntheses Examining the Relationship Between Conscientiousness and Subjective Well-Being

Grit is often found to have a strong correlation with conscientiousness, but the implications of the association are not clear yet. Some argue that grit should be regarded as a facet of conscientiousness due to substantial overlap between the two constructs (e.g., $r = .66$; Credé et al., 2017) and limited incremental validity explained by grit in academic performance outcomes after controlling for conscientiousness (e.g., $\Delta R = .004$; Credé et al., 2017). Indeed, recent empirical studies found that grit and conscientiousness are not unique constructs as they strongly overlap at the item level (Schmidt et al., 2018) and construct level (Ponnock et al., 2020). For instance, using Grit-S (Duckworth & Quinn, 2009) and NEO-PI-R (Costa & McCrae, 1992), Schmidt et al. (2018) found that perseverance of effort shared 95 % of its variance with the conscientiousness factors and was strongly related to the industriousness facet. However, consistency of interest shared

much less, 53 % of variance with conscientiousness, being mostly associated with the self-discipline facet. Hence, grit may at least partly be “old wine in new bottles” (Credé et al., 2017).

However, although the correlation between grit and conscientiousness tends to be high (e.g., $r = .66$; Credé et al., 2017), it is not so high as to consider the constructs psychometrically entirely redundant. For example, good measures of broad traits such as Conscientiousness have (retest) reliabilities close to .90 their facets – paralleling grit – in .80s (McCrae & Mõttus, 2019; Henry, Thielmann, Booth, & Mõttus, 2021), suggesting that the unreliability-corrected grit-conscientiousness correlation should remain below .80. Indeed, some believe that grit “differs from conscientiousness in its emphasis on long-term stamina rather than short-term intensity” (Duckworth et al. 2007, p. 1089). Also, some studies have found that grit is incrementally related with important variables. For example, grit predicted high ($\beta = .26$, .07) and moderate ($\beta = .19$, .08) intensity exercise behavior (Reed et al., 2013) and academic goal motivation ($\beta = .21$, .15; Werner et al., 2019) over and above conscientiousness.

Indeed, a general pattern of findings showing that broad personality domains have numerous facets and even narrower-still traits, nuances, with unique causes and consequences (Mõttus, Kandler et al., 2017; Mõttus et al., 2020), is consistent with the possibility that grit, a narrow that could be seen as a facet of conscientiousness, has unique associations with variables such as SWB. Therefore, the relations between grit and conscientiousness, including their incremental predictive validities, need further research.

With respect to well-being, two meta-analyses have explored the relationship between conscientiousness and SWB. DeNeve and Cooper (1998) reported an average correlation of $r = .21$ ($k = 115$). Likewise, Steel et al. (2008) showed that conscientiousness is significantly related to all SWB indicators such as life satisfaction ($\chi = .27$, $k = 25$, 95%-CI [.23, .32]) and positive affect ($\chi = .31$, $k = 24$, 95%-CI [.27, .37]). Grit has incremental associations with exercise behavior after controlling for conscientiousness (Reed et al., 2013), and perseverance of effort explains unique variance in SWB above and beyond conscientiousness (Kwon, 2021). Thus, it is warranted to conduct a meta-analysis on the grit-SWB relation to compare which one contributes more in predicting SWB.

The Present Meta-Analysis

The goal of this study was to provide a meta-analytic integration of the current results concerning the correlation between grit and SWB. The specific purpose was to (1) estimate the meta-analytic correlations between grit (i.e., overall grit, perseverance of effort, and consistency of interest) and SWB, (2) assess whether their strength and directions vary across demographic and methodological moderators (i.e., age, culture, measure of grit, and facet of SWB), and (3) examine incremental associations of grit and conscientiousness with SWB.

Method

Literature Search

The literature search was conducted in June 2021 (see **Figure S1** for the selection of studies). We used several search techniques. First, we conducted searches in electronic literature databases (i.e., Web of Science, PsycINFO, ERIC, and ProQuest) using all possible combinations of terms reflecting grit and SWB (i.e., positive affect, negative affect, happiness, depression, life satisfaction, job satisfaction, school satisfaction, subjective well-being). These searches identified 337 potential studies. Second, we conducted additional searches involving the web-based search engine Google Scholar using the combination of terms mentioned above yielding 56 potential studies. Third, we examined the reference list of potential studies to identify additional studies. If the full-texts were unavailable, we contacted the author(s) via email and/or ResearchGate. Finally, we contacted authors from the reference list to inquiry if they or colleagues have relevant unpublished data. We also searched PsyArXiv for unpublished studies.

Inclusion and Exclusion Criteria

Studies that met the following criteria were included in the meta-analysis: (1) empirical and quantitative studies, (2) written in English, (3) grit was assessed by Grit-O (Duckworth et al., 2007) or Grit-S (Duckworth & Quinn, 2009), and (4) studies reported the correlation coefficient (i.e., Pearson's r) between grit and SWB. Studies were excluded if the statistical information was inadequate for coding (e.g., correlation coefficients were not reported). However, if these studies were published in the last five years, we tried to contact the authors for available information. Moreover, to eliminate duplicate confounding effects due to studies, we followed the recommendations of Wood's (2008) detection heuristics. Also, we carefully compared the title, the author(s), the participants, and the results between the identified studies. As a result, three

master's dissertations were excluded as they were subsequently published (Kwon, 2018; Sharkey, 2017; Tiittanen, 2014); two studies were excluded as they based on the same sample and measures but described different correlations (Li, Wang et al., 2018; Zhong et al., 2018). These criteria yielded 83 studies containing usable data.

Coding Procedure

There are nine coding categories: (a) sample size, (b) mean age, (c) correlation between grit and SWB, (d) reliability of grit measure, (e) reliability of SWB measure, (f) grit type (1 = overall grit, 2 = perseverance of effort, 3 = consistency of interest), (g) SWB construct (1 = positive affect, 2 = negative affect, 3 = happiness, 4 = depression, 5 = life satisfaction, 6 = job satisfaction, 7 = school satisfaction), (h) culture (1 = individualistic, 0 = collectivistic), (i) measure of grit (1 = Grit-O, 0 = Grit-S), (j) facet of SWB (1 = affective well-being, 0 = cognitive well-being), (k) measurement time (1 = same point, 0 = different points), and (l) measurement media (1 = same media, 0 = different media).

The first and third authors in the author list coded all studies, and Cohen's kappa was calculated to evaluate the inter-rater reliability. All Cohen's kappa coefficients were satisfactory with $\kappa = .84$ for sample size, $\kappa = .84$ for correlation coefficient, $\kappa = .85$ for reliability of grit measure, $\kappa = .86$ for reliability of SWB measure, $\kappa = 1$ for grit type, $\kappa = .85$ for culture, $\kappa = 1$ for age, $\kappa = .99$ for measure of grit, $\kappa = 1$ for facet of SWB, $\kappa = .81$ for the measurement time, and $\kappa = .98$ for the measurement media. All disagreements were resolved by reexamining the studies in a coder conference.

If studies reported correlations based on different samples, these correlations were separately coded as independent coefficients. For some samples, multiple correlations between grit and SWB were reported due to different indicators of SWB. In such cases, we followed the recommendations of Schmidt and Hunter (2015) in using the inter-correlations among indicators to estimate the composite correlation and reliability. Two studies (Burrow et al., 2018; Disabato et al., 2018) did not report the correlations among the indicators, so we used the correlations from Jiang, Jiang et al. (2019) and Goodman et al. (2017), respectively. At the same time, the sign of negative affect and depression correlations were reversed as well. A summary of studies included in the meta-analysis is available in **Table S1** in the Supplemental File. The corresponding

statistical data are available at <https://osf.io/94gv6/>.

Statistical Analysis

Main Meta-Analysis

We followed the meta-analytic strategy of Schmidt and Hunter (2015) and decided to employ a random-effects model since the studies might show different population correlations due to differences in the samples, measures of grit, etc. The Schmidt and Le (2004) software was used to estimate the overall effects of the correlation between grit and SWB. This method allows correcting artifacts (e.g., sampling error and measurement error) in the observed correlations and estimating the population correlation ρ . In this meta-analysis, we used individual corrections for sampling error and for unreliability in measurement by obtaining the Cronbach's alpha statistic of grit and SWB reported in each study. For a very small number of studies that reliability information was not provided, we used reliability estimates from the original scale development study (Robbins et al., 2004). For the study assessing job satisfaction by one single-item (i.e., Sellers, 2019), we used a reliability estimation ($\alpha = .80$) of single-item measures of job satisfaction from a meta-analysis (Wanous et al., 1997).

We computed the sample size weighted mean observed correlation (r_{obs}) and its standard deviation (SD_r), the estimated population correlation (μ) and its standard deviation (SD_μ), 80% credibility interval (80%-CV), and 95% confidence interval (95%-CI) as well as the percentage of variance in correlations attributable to artifacts (% variance). According to Whitener (1990), 80%-CVs were used to evaluate the variability of the population correlation, whereas 95%-CIs were used for significance testing.

We followed the recommendations of Gignac and Szodorai (2016) to describe the r effect sizes of the relations analyzed in this study, that is, small, medium, and large effect sizes are .10, .20, and .30, respectively.

Moderator Analysis

Following the method outlined by Card (2012), moderator analysis was estimated by meta-regressions in CMA 2.0. For continuous moderator (i.e., age), we used mean age of each sample. For categorical moderators (i.e., culture, measure of grit, and facet of SWB), we evaluated them through dummy codes. A significant Q statistic is an indicator for the presence of a moderator.

Incremental Validity Analysis

To assess the incremental validity of grit over and above conscientiousness in predicting SWB, we created correlation matrices (see **Tables S2, S3, S4**) of the meta-analytic relationships between overall grit, perseverance of effort, consistency of interest, conscientiousness, and SWB. These correlations were drawn from the present study (i.e., grit and SWB) and previous meta-analyses by using the uncorrected correlation of $r = .21$ for the association between conscientiousness and SWB (DeNeve & Cooper, 1998), the conscientiousness correlations of $r = .66$ for overall grit, $r = .61$ for perseverance of effort, and $r = .47$ for consistency of interest (Credé et al., 2017). The correlation matrices were used to perform hierarchical regression analyses using harmonic mean sample sizes (Viswesvaran & Ones, 1995).

Results

Study Characteristics

Ultimately, we included 83 studies, 102 independent samples, 200 effect sizes, and 66,518 participants. All included studies were published between 2009 and 2021. The average age of the samples was 26.08 years ($SD = 10.40$) and the mean percentage of females was 63% ($SD = 0.18$). Most of the studies were conducted in the United States (37) and the remaining of the studies from China (12), South Korea (6), Canada (3), Australia (2), Japan (2), Peru (2), Philippines (2), Colombia (1), Spain (1), Sweden (2), Turkey (2), Finland (1), Ghana (1), Malaysia (1), Pakistan (1), Romania (1), Switzerland (1), and mixed (5). The majority of the studies were obtained using a convenience sampling method and a correlational study design measuring grit and SWB at one measurement point.

Publication Bias

To evaluate possible publication bias, we drew funnel plots and conducted Egger's test of funnel-plot asymmetry (Egger et al., 1997). A significant intercept was regarded as an asymmetry due to the exclusion of studies with weak effects. The Egger's test showed no significant funnel-plot asymmetry between overall grit / perseverance of effort / consistency of interest and SWB ($ps > .05$). Thus, the presence of publication bias was unlikely in the present meta-analysis. The absence of a publication bias was also confirmed by funnel plots (**Figures S2, S3, S4**).

Common Method Variance

Common method variance results from the same source or rater, which may affect study results. Given the available information of each sample, we mainly examined whether measurement time (same point versus different points) moderates the relations between overall grit / perseverance of effort / consistency of interest and SWB. Also, we tested whether measurement media (same media versus different media) moderates the relation between overall grit and SWB. Both measurement time and measurement media were treated as dummy variables and calculated in meta-regressions (Card, 2012). The results showed that the moderating effects of measurement time and measurement media were not significant ($ps > .05$). Thus, it appears that common method variance, at least that due to shared measurement time or media, was not a potential threat to the present study.

Relations between Grit and Subjective Well-Being

The results showed that overall grit was substantially related to SWB ($\mathbf{x} = .46$, $k = 79$, $N = 55,610$, 95%-CI [.43, .48]). For more results of the overall grit-SWB relation, please see **Table S5**.

Results specific to the relations between two facets of grit and SWB are presented in **Table 1**. Perseverance of effort and SWB showed a strong correlation ($\mathbf{x} = .38$, $k = 36$, $N = 24,335$, 95%-CI [.33, .43]). Perseverance of effort had weaker relations with negative affect ($\mathbf{x} = .29$, $k = 7$, $N = 2,347$, 95%-CI [.33, .25]) and school satisfaction ($\mathbf{x} = .28$, $k = 4$, $N = 3,201$, 95%-CI [.15, .41]), and stronger relations with happiness ($\mathbf{x} = .48$, $k = 6$, $N = 9,413$, 95%-CI [.46, .50]), life satisfaction ($\mathbf{x} = .37$, $k = 11$, $N = 11,720$, 95%-CI [.33, .41]), positive affect ($\mathbf{x} = .34$, $k = 5$, $N = 1,832$, 95%-CI [.23, .45]), depression ($\mathbf{x} = .32$, $k = 14$, $N = 14,745$, 95%-CI [.36, .28]), and job satisfaction ($\mathbf{x} = .31$, $k = 3$, $N = 780$, 95%-CI [.21, .42]).

Compared to perseverance of effort, consistency of interest had a smaller correlation with SWB ($\mathbf{x} = .23$, $k = 30$, $N = 22,755$, 95%-CI [.17, .28]). Except for positive affect ($\mathbf{x} = .27$, $k = 5$, $N = 1,832$, 95%-CI [.15, .39]), negative affect ($\mathbf{x} = .33$, $k = 5$, $N = 1,832$, 95%-CI [.38, .29]), and depression ($\mathbf{x} = .28$, $k = 12$, $N = 14,204$, 95%-CI [.32, .23]), similar weaker relations with consistency of interest were observed for other SWB indicators, that is, happiness ($\mathbf{x} = .18$, $k = 6$, $N = 9,413$, 95%-CI [.15, .21]), life satisfaction ($\mathbf{x} = .15$, $k = 9$, $N = 11,222$, 95%-CI [.08, .21]), and school satisfaction ($\mathbf{x} = .07$, $k = 4$, $N = 3,201$, 95%-CI [.06, .21]). Moreover, consistency of interest was strongly related to perseverance of effort with $\mathbf{x} = .37$ ($k = 27$, $N = 14,726$, 95%-CI

[.31, .44]).

Moderators of the Relation between Grit and Subjective Well-Being

As indicated in **Table 2**, the correlation between perseverance of effort and SWB was not moderated by age, culture, measure of grit, and facet of SWB as the Q statistics were not significant ($ps < .05$). Similarly, results from **Table 3** showed that the moderating effects of culture and measure of grit were not significant in the link between consistency of interest and SWB. However, the Q statistics for the moderating effect of age and facet of SWB on the relationship between consistency of interest and SWB were significant ($Q = 5.63, p < .05$; $Q = 7.34, p < .01$, respectively), suggesting that age and facet of SWB moderated the consistency of interest-SWB relation. Specifically, the link between consistency of interest and SWB became weaker as age increased. Also, this positive relationship was stronger in affective well-being ($\phi = .26$) than in cognitive well-being ($\phi = .13$). The same moderating effects of age and facet of SWB in the link between consistency of interest and SWB were also showed in the overall grit-SWB relation, please see **Table S6**. The correlations among moderators were presented in **Table S7**.

Incremental Validity

The results of the incremental validity analysis were presented in **Table 4**. Overall grit and perseverance of effort showed substantial amounts of incremental variance ($R^2 = .079$ and $.047$, respectively) in SWB after controlling for conscientiousness. Consistency of interest indicated negligible incremental variance ($R^2 = .008$) in SWB after controlling for conscientiousness. These results suggest that grit, especially overall grit and perseverance of effort, accounts for non-trivial proportions of variance in SWB beyond conscientiousness.

Discussion

Although many researchers have found evidence for the positive relation between grit and SWB, others have showed that their relation is either negative or non-significant. Considering these mixed findings, we used a meta-analytic approach to estimate the grit-SWB relation and explored whether this link is moderated by demographics (i.e., age and culture) and methodology (i.e., measure of grit and facet of SWB). We also compared the incremental variance of grit and conscientiousness in predicting SWB.

A recent meta-analysis on the relation between grit and academic performance showed that

overall grit, perseverance of effort, and consistency of interest exhibited only small effect sizes in relation to academic performance, and that the effect size of perseverance of effort was higher than that for overall grit and consistency of interest (Credé et al., 2017). In the present study, we found that overall grit and perseverance of effort exhibit larger relations with SWB, whereas consistency of interest was weakly related to SWB. Moreover, overall grit had the strongest relation with SWB, followed by perseverance of effort and consistency of interest. The differences might occur because of the distinct outcome variables, suggesting grit and its two facets having unequal relations with academic performance and SWB. These results are also consistent with the suggestions of Duckworth and her colleagues (Duckworth et al., 2007; Duckworth & Quinn, 2009) that overall grit has a stronger predictive power than its two facets alone. Indeed, a number of empirical studies (Clark & Malecki, 2019; Disabato et al., 2018; Kwon, 2021; Sheehan, 2014; Weiss, 2018) found similar results with the relation between grit and SWB (e.g., life satisfaction, happiness, depression) being higher in overall grit than in perseverance of effort, and consistency of interest was the smallest. Consistently with a pattern emerging in personality psychology (Möttus et al., 2017; Seeboth & Möttus, 2018; Möttus et al., 2019; Möttus et al., 2020), broader self-reports constructs such as overall grit are predictive of other self-reports constructs such as SWB, whereas narrower constructs (here, the grit facets) generally hold an edge for the prediction of objectively measured behavioral constructs (e.g., academic performance).

As discussed in the introduction, the positive and strong link between grit and SWB can be accounted for by both the telic / goal theory (Emmons, 1986; Michalos, 1980) or the top-down theories of SWB (Diener, 1984; Diener & Ryan, 2009). In terms of the telic / goal theory, it may be possible that individuals with high grit tend to pursue their long-term goals regardless of negative feedbacks (Duckworth et al., 2011; Duckworth et al., 2007), which could be beneficial to achieve goals and thereby lead to higher SWB levels. Alternatively, this strong link could also be explained with the top-down theories, that is, high SWB occurs in part through positive attitudes and the influence of personality traits. Compared with individuals who have lower grit, those with higher grit may tend to perceive their failures and setbacks more positively and with greater optimism (O'Sullivan et al., 2019; Sheridan et al., 2015), and are subsequently less likely to experience low SWB. Empirical research is needed to clarify the mechanisms of negative

feedback and optimism in the relation between grit and SWB. In sum, these findings supported both the telic / goal theory (Emmons, 1986; Michalos, 1980) and top-down theories of SWB (Diener, 1984; Diener & Ryan, 2009) by showing that grit is an important personality trait and that it might play a significant role in the development of human well-being.

In line with prior studies (e.g., Kwon, 2021; Reed et al., 2013), we found incremental validity of grit over conscientiousness when predicting SWB, indicating that the correlation between grit and SWB was not simply due to a redundancy between grit and conscientiousness. This is also consistent with a broader pattern of findings in personality psychology suggesting that constructs beyond the (core) Big Five personality traits tend to be predictive of a variety of outcomes (Möttus, 2016; Möttus et al., 2020). Also, we found that overall grit and perseverance of effort had higher incremental associations with SWB than consistency of interest, which might be because perseverance of effort is more relevant for SWB than consistency of interest or because the subscale with positively scored items somehow tags SWB-related variance better.

Some researchers claim that grit is teachable and several school-based intervention programs aimed at developing students' grit are initiated (Alan et al., 2019; Kirchgasser, 2018; Shechtman et al., 2013). Researcher and practitioners should be cautious before conducting grit intervention programs due to lacking evidence for a causal link between grit and SWB. It should also be noted that there are arguments on the structure of grit, that is, the higher order construct of grit has limited validity (e.g., Credé, 2018; Credé et al., 2017). Therefore, the grit research and interventions might benefit from a reexamination of the factor structure of grit and refinement of the grit scale with more rigorous methods (e.g., Item Response Theory or network models). However, these problems do not seem to be of particular importance in the context of our study. As the correlations with SWB as well as the incremental validities above conscientiousness of overall grit were higher than the corresponding values of perseverance of effort and consistency of interest.

With regard to the moderation effect sizes, we found that age moderated the relations between overall grit / consistency of interest and SWB. Specifically, the links between overall grit / consistency of interest and SWB were weaker as age increased. A possible explanation could be that stability in personality traits (e.g., grit) increase from childhood to adulthood (Roberts &

DelVecchio, 2000), while subjective well-being could be more easily influenced by individuals' affects and cognitions as well as other factors such as income and social relationship. Thus, as age increases, the relation between overall grit / consistency of interest and SWB could become somewhat weaker. We also found that facet of SWB moderated the relations between overall grit / consistency of interest and SWB in that these links were stronger in affective well-being than in cognitive well-being. This result is in line with prior studies that personality had non-significant relations with cognitive well-being after included affective well-being as a mediator (e.g., Schimmack et al., 2008).

However, we did not find any significant moderating effects in the link between perseverance of effort and SWB, indicating that the correlation between perseverance of effort and SWB is robust across these examined moderators. Of note is that the four moderators accounted for a small percentage of variation in the grit-SWB relation, indicating that there potentially exist other moderators, which influence the relations. Moreover, subjective well-being is likely a multifaceted construct (e.g., Diener et al. 1999), even though it's often viewed as a unitary construct (e.g., Kwon, 2021). Therefore, we should be cautious when interpreting these findings as this assumption of construct unity likely led to the observed heterogeneity in effect sizes across studies.

Theoretical Contributions

The present study is the first effort to meta-analytically summarize the relation between grit and SWB. We first estimated the strength and direction of the grit-SWB relation, providing evidence on the large positive relation between grit and SWB, although the link between consistency of interest and SWB was relatively weaker. To clarify the observed inconsistencies in the link between grit and SWB, we then explored potential moderators from demographics and methodology. The findings point to the relations between overall grit / consistency of interest and SWB varied across age and facet of SWB, suggesting that these relations are comparatively less stable than the perseverance of effort-SWB relation.

Finally, Credé et al. (2017) argued in their meta-analysis on grit and performance that perseverance of effort is basically identical to conscientiousness and consistency of interest has very little incremental validity after controlling conscientiousness and perseverance of effort. To

address this concern, we performed an incremental validity analysis to explore whether much of the variance grit is explaining in SWB is likely due to conscientiousness. Our findings indicated that overall grit and perseverance of effort explained unique variance in SWB when the variance of conscientiousness accounted for, suggesting that overall grit and perseverance of effort may provide unique explanatory power for SWB.

Limitations and Future Directions

The current meta-analysis has several limitations. First, the identified literature concerning the grit-SWB relation consists mainly of cross-sectional studies that failed to capture changes of this relation over time so that it is hardly possible to ascertain the direction of effect among grit and SWB. More research using prospective designs are needed to identify the cause and effect in this relation, to the extent that even longitudinal studies can rule out common-cause or reverse causation explanations (there is no guarantee that longitudinal studies could do better than cross-sectional studies for the traits may be mostly stable). Ideally, randomized controlled trials would be needed, but these may be hard to conduct due to various practical and ethical reasons.

Second, the present study only analyzed the grit-SWB relation on the basis of studies written in English because most available studies were conducted in North America. Research regarding the grit-SWB relation investigated in other countries or regions is necessary to gain a more complete understanding of the difference or nature of this relation. Third, to clarify the observed variability of the grit-SWB relation, mainly demographic and methodological moderators were tested. The influence of other possible moderators such as stress (O’Neal et al., 2016) should be examined to get a more precise picture of this relation. Fourth, the present study did not examine the possible mediators underlying the grit-SWB relation, that is, how grit relates with SWB. Future studies should address the question whether the grit-SWB relation found in the present meta-analysis is mediated by other factors such as hope (Sheehan, 2014).

Finally, personality traits are organized hierarchically (McCrae & Sutin, 2018; Mõttus et al., 2020) and conscientiousness is a highly multi-faceted broad personality domain (Roberts et al., 2005). It therefore remains possible that grit facets can be conceived of as facets of the broad domain rather than stand-alone constructs, although they are often not covered in its instruments and could not therefore be fully controlled for in the present investigation. If so, this would not in

any way diminish the value of grit or its facets: rather than pitting them against the broader conscientiousness domain, they could be seen as uniquely important parts of the domain – parts that are currently not given sufficient credit in conscientiousness measurement tools.

Conclusion

The present meta-analysis focused on the current state of research on the relation between grit and SWB, which extended past research by estimating overall effect sizes, moderation effect sizes, and incremental validity. We found that overall grit / perseverance of effort was substantially related to SWB, and these relations do not appear to be due to conscientiousness. Also, the relationships between overall grit / consistency of interest and SWB were moderated by age and facet of SWB, providing preliminary evidence for the processes that may undergird the grit association with SWB. Collectively, this study advances our understanding of the role that grit plays in pathways to happiness.

Methods reporting and sharing

We report all manipulations, measures, and exclusions in these studies.

Preregistration

No studies in this manuscript were preregistered.

Acknowledgments

We would like to express our gratitude to all the authors who have provided full-text or additional information to us.

Declaration of Conflicting Interests

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

Funding

The author(s) disclosed receipt of the following financial support for the research, authorship, and/or publication of this article: This research was supported by Grant 202006140084 from China Scholarship Council. The funding source had no role in the study design, collection, analysis, or interpretation of the data, writing the manuscript, or the decision to submit the paper for publication.

Supplementary Material

Supplemental material can be found online with this article.

References

References marked with an asterisk indicate studies included in the meta-analysis.

- *Ain, N. U., Munir, M., & Suneel, I. (2021). Role of emotional intelligence and grit in life satisfaction. *Heliyon*, 7(4), e06829. <https://doi.org/10.1016/j.heliyon.2021.e06829>
- *Akbağ, M., & Ümmet, D. (2017). Predictive role of grit and basic psychological needs satisfaction on subjective well-being for young adults. *Online Submission*, 8, 127–135.
- Alan, S., Boneva, T., & Ertac, S. (2019). Ever failed, try again, succeed better: Results from a randomized educational intervention on grit. *The Quarterly Journal of Economics*, 134, 1121–1162. <http://dx.doi.org/10.1093/qje/qjz006>
- *Allenden, N., Boman, P., Mergler, A., & Furlong, M. J. (2018). Positive psychology constructs as predictors of depression in retirees. *Ageing & Society*, 38, 995–1017. <http://dx.doi.org/10.1017/S0144686X16001410>
- *An, B., Sato, M., & Harada, M. (2021). Grit, leisure involvement, and life satisfaction: A case of amateur triathletes in Japan. *Leisure Sciences*, 1–17. <https://doi.org/10.1080/01490400.2021.1927269>
- *Anestis, M. D., & Selby, E. A. (2015). Grit and perseverance in suicidal behavior and non-suicidal self-injury. *Death Studies*, 39, 211–218. <http://dx.doi.org/10.1080/07481187.2014.946629>
- Arya, B., & Lal, D. S. (2018). Grit and sense of coherence as predictors of well-being. *Indian Journal of Positive Psychology*, 9, 169–172. <http://dx.doi.org/10.15614/ijpp.v9i01.11766>
- *Atkinson, F., & Martin, J. (2020). Gritty, hardy, resilient, and socially supported: A replication study. *Disability and Health Journal*, 13(1), 100839. <http://dx.doi.org/10.1016/j.dhjo.2019.100839>
- Barete, S. L. (2019). *Grit and subjective well-being: The mediating and moderating role of spirituality*. Unpublished undergraduate dissertation, Mindanao State University-Iligan Institute of Technology, Iligan, Philippines.
- Baumeister, R. F., & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117, 497–529. <http://dx.doi.org/10.1037/0033-2909.117.3.497>
- *Bowman, N. A., Hill, P. L., Denson, N., & Bronkema, R. (2015). Keep on truckin' or stay the

-
- course? Exploring grit dimensions as differential predictors of educational achievement, satisfaction, and intentions. *Social Psychological and Personality Science*, 6, 639–645.
<http://dx.doi.org/10.1177/1948550615574300>
- Burrow, A. L., Hill, P. L., Ratner, K., & Fuller–Rowell, T. E. (2018). Derailment: Conceptualization, measurement, and adjustment correlates of perceived change in self and direction. *Journal of Personality and Social Psychology*. Advance online publication.
<http://dx.doi.org/10.1037/pspp0000209>
- Card, N. A. (2012). *Applied meta-analysis for social science research*. Guilford, New York.
- Chandra, C. M., Szwedo, D. E., Allen, J. P., Narr, R. K., & Tan, J. S. (2020). Interactions between anxiety subtypes, personality characteristics, and emotional regulation skills as predictors of future work outcomes. *Journal of Adolescence*, 80, 157–172.
<http://dx.doi.org/10.1016/j.adolescence.2020.02.011>
- Clark, K. (2020). *Investigating Achievement and Mental Health through the Dual-Factor Model*. Unpublished doctoral dissertation, Northern Illinois University, DeKalb, IL.
- Clark, K. N., & Malecki, C. K. (2019). Academic Grit Scale: Psychometric properties and associations with achievement and life satisfaction. *Journal of School Psychology*, 72, 49–66.
<http://dx.doi.org/10.1016/j.jsp.2018.12.001>
- Coleman, N. (2019). An Examination of the Correlation Between Grit and the Expressed Symptoms of Depression and Anxiety. Unpublished doctoral dissertation, Argosy University, Los Angeles, CA.
- Costa, P. T., & McCrae, R. R. (1992). *Revised NEO personality inventory (NEO PI-R) and NEO five-factor inventory (NEO-FFI)*. Odessa, FL: Psychological Assessment Resources.
- Credé, M. (2018). What shall we do about grit? A critical review of what we know and what we don't know. *Educational Researcher*, 47, 606–611.
<http://dx.doi.org/10.3102/0013189X18801322>
- Credé, M., Tynan, M. C., & Harms, P. D. (2017). Much ado about grit: A meta-analytic synthesis of the grit literature. *Journal of Personality and Social Psychology*, 113, 492–511.
<http://dx.doi.org/10.1037/pspp0000102>
- Datu, J. A. D., King, R. B., Valdez, J. P. M., & Eala, M. S. M. (2019). Grit is associated with lower

-
- depression via meaning in life among Filipino high school students. *Youth & Society*, 51(6), 865–876. <http://dx.doi.org/10.1177/0044118X18760402>
- Datu, J. A. D., Valdez, J. P. M., & King, R. B. (2016). Perseverance counts but consistency does not! Validating the Short Grit Scale in a collectivist setting. *Current Psychology*, 35, 121–130. <http://dx.doi.org/10.1007/s12144-015-9374-2>
- DeNeve, K. M., & Cooper, H. (1998). The happy personality: A meta-analysis of 137 personality traits and subjective well-being. *Psychological Bulletin*, 124, 197–229. <http://dx.doi.org/10.1037/0033-2909.124.2.197>
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95, 542–575. <http://dx.doi.org/10.1037/0033-2909.95.3.542>
- Diener, E., & Ryan, K. (2009). Subjective well-being: A general overview. *South African Journal of Psychology*, 39, 391–406. <http://dx.doi.org/10.1177/008124630903900402>
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual Review of Psychology*, 54, 403–425. <http://dx.doi.org/10.1146/annurev.psych.54.101601.145056>
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological Bulletin*, 125, 276–302. <http://dx.doi.org/10.1037/0033-2909.125.2.276>
- Disabato, D. J., Goodman, F. R., & Kashdan, T. B. (2018). Is grit relevant to well-being and strengths? Evidence across the globe for separating perseverance of effort and consistency of interests. *Journal of Personality*, 87, 194–211. <http://dx.doi.org/10.1111/jopy.12382>
- Duckworth, A. L., & Quinn, P. D. (2009). Development and validation of the Short Grit Scale (GRIT-S). *Journal of Personality Assessment*, 91, 166–174. <http://dx.doi.org/10.1080/00223890802634290>
- Duckworth, A. L., Quinn, P. D., & Seligman, M. E. P. (2009). Positive predictors of teacher effectiveness. *Journal of Positive Psychology*, 4, 540–547. <http://dx.doi.org/10.1080/17439760903157232>
- Duckworth, A. L., Quinn, P. D., & Tsukayama, E. (2021). Revisiting the factor structure of grit: A commentary on Duckworth and Quinn (2009). *Journal of Personality Assessment*, 1–3.

<https://doi.org/10.1080/00223891.2021.1942022>

- Duckworth, A. L., Kirby, T. A., Tsukayama, E., Berstein, H., & Ericsson, K. A. (2011). Deliberate practice spells success: Why grittier competitors triumph at the National Spelling Bee. *Social Psychological and Personality Science*, 2, 174–181.
<http://dx.doi.org/10.1177/1948550610385872>
- Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 92, 1087–1101.
<http://dx.doi.org/10.1037/0022-3514.92.6.1087>
- Dugan, R., Hochstein, B., Rouziou, M., & Britton, B. (2019). Gritting their teeth to close the sale: The positive effect of salesperson grit on job satisfaction and performance. *Journal of Personal Selling & Sales Management*, 39, 81–101.
<http://dx.doi.org/10.1080/08853134.2018.1489726>
- Egger, M., Smith, G. D., Schneider, M., & Minder, C. (1997). Bias in meta-analysis detected by a simple, graphical test. *British Medical Journal*, 315, 629–634.
<http://dx.doi.org/10.1136/bmj.315.7109.629>
- Eid, M., & Diener, E. (2004). Global judgments of subjective well-being: Situational variability and long-term stability. *Social Indicators Research*, 65, 245–277.
<http://dx.doi.org/10.1023/B:SOCI.0000003801.89195.bc>
- Emmons, R. A. (1986). Personal strivings: An approach to personality and subjective well-being. *Journal of Personality and Social Psychology*, 51, 1058–1068.
<http://dx.doi.org/10.1037/0022-3514.51.5.1058>
- Emmons, R. A. (1991). Personal strivings, daily life events and psychological and physical well-being. *Journal of Personality*, 59, 455–472. <http://dx.doi.org/10.1111/j.1467-6494.1991.tb00256.x>
- Fernandez, N. G. (2019). *Social-emotional learning: The role of personality characteristics and non-cognitive attributes in adolescent academic performance and well-being*. Unpublished doctoral dissertation, Long Island University, Brooklyn, NY.
- Gignac, G. E., & Szodorai, E. T. (2016). Effect size guidelines for individual differences researchers. *Personality and Individual Differences*, 102, 74–78.

<http://dx.doi.org/10.1016/j.paid.2016.06.069>

- Goodman, F. R., Disabato, D. J., Kashdan, T. B., & Machell, K. A. (2017). Personality strengths as resilience: A one-year multiwave study. *Journal of Personality, 85*, 423–434. <http://dx.doi.org/10.1111/jopy.12250>
- Henry, S., Thielmann, I., Booth, T., & Möttus, R. (2021, February 16). Test-retest reliability of the HEXACO-PI-R. <https://doi.org/10.31234/osf.io/rvpxa>
- Hill, P. L., Burrow, A. L., & Bronk, K. C. (2016). Persevering with positivity and purpose: An examination of purpose commitment and positive affect as predictors of grit. *Journal of Happiness Studies, 17*, 257–269. <http://dx.doi.org/10.1007/s10902-014-9593-5>
- Hofstede, G. (2001). *Culture's consequences: Comparing values, behaviors, institutions and organizations across nations*. Sage publications.
- Hom, J. L. (2018). *Associations among sleep, physical activity, and psychosocial functioning among emerging adults at university: An examination of the moderating role of gender and athlete status*. Unpublished master's dissertation, Wesleyan University, Middletown, CT.
- Hou, J., Yu, Q., & Lan, X. (2020). COVID-19 infection risk and depressive symptoms among young adults during quarantine: The moderating role of grit and social support. *Frontiers in Psychology, 11*, 577942. <https://doi.org/10.3389/fpsyg.2020.577942>
- Howard, M. C., & Crayne, M. P. (2019). Persistence: Defining the multidimensional construct and creating a measure. *Personality and Individual Differences, 139*, 77–89. <http://dx.doi.org/10.1016/j.paid.2018.11.005>
- Huéscar Hernández, E., Moreno-Murcia, J. A., Cid, L., Monteiro, D., & Rodrigues, F. (2021). Examining the dark side of motivation on life satisfaction in college students: Does grit matter? *Behavioral Psychology/Psicologia Conductual, 29*(1), 111–125. <https://doi.org/10.51668/bp.8321106n>
- Schmidt, F. L. & Hunter, J. E. (2015). *Methods of meta-analysis: Correcting error and bias in research findings (3rd ed)*: Sage.
- Ion, A., Mindu, A., & Gorbanescu, A. (2017). Grit in the workplace: Hype or ripe? *Personality and Individual Differences, 111*, 163–168. <http://dx.doi.org/10.1016/j.paid.2017.02.012>
- Ivcevic, Z., & Brackett, M. (2014). Predicting school success: Comparing conscientiousness, grit,

-
- and emotion regulation ability. *Journal of Research in Personality*, 52, 29–36. <http://dx.doi.org/10.1016/j.jrp.2014.06.005>
- Jiang, W., Jiang, J., Du, X., Gu, D., Sun, Y., & Zhang, Y. (2019). Striving and happiness: Between- and within-person-level associations among grit, needs satisfaction and subjective well-being. *The Journal of Positive Psychology*, 15, 543–555. <http://dx.doi.org/10.1080/17439760.2019.1639796>
- Jiang, W., Xiao, Z. Y., Liu, Y. N., Guo, K. N., Jiang, J., & Du, X. P. (2019). Reciprocal relations between grit and academic achievement: A longitudinal study. *Learning and Individual Differences*, 71, 13–22. <http://dx.doi.org/10.1016/j.lindif.2019.02.004>
- Jin, B., & Kim, J. (2017). Grit, basic needs satisfaction, and subjective well-being. *Journal of Individual Differences*, 38, 29–35. <http://dx.doi.org/10.1027/1614-0001/a000219>
- Jordan, S. L., Hochwarter, W. A., Ferris, G. R., & Ejaz, A. (2018). Work grit as a moderator of politics perceptions: Workplace outcomes relationships: A three-study convergent investigation. *Career Development International*, 23, 576–594. <http://dx.doi.org/10.1108/CDI-09-2018-0247>
- Joshanloo, M., Jovanović, V., & Park, J. (2021). Differential relationships of hedonic and eudaimonic well-being with self-control and long-term orientation. *Japanese Psychological Research*, 63(1), 47–57. <http://dx.doi.org/10.1111/jpr.12276>
- Kabat-Farr, D., Walsh, B. M., & McGonagle, A. K. (2017). Uncivil supervisors and perceived work ability: The joint moderating roles of job involvement and grit. *Journal of Business Ethics*, 156, 971–985. <http://dx.doi.org/10.1007/s10551-017-3604-5>
- Kim, M., Lee, J., & Kim, J. (2019). The role of grit in enhancing job performance of frontline employees: The moderating role of organizational tenure. *Advances in Hospitality and Leisure*, 15, 61–84. <http://dx.doi.org/10.1108/S1745-354220190000015004>
- Kirchgasler, C. (2018). True grit? Making a scientific object and pedagogical tool. *American Educational Research Journal*, 55, 693–720. <http://dx.doi.org/10.3102/0002831217752244>
- Kleiman, E. M., Adams, L. M., Kashdan, T. B., & Riskind, J. H. (2013). Gratitude and grit indirectly reduce risk of suicidal ideations by enhancing meaning in life: Evidence for a mediated moderation model. *Journal of Research in Personality*, 47, 539–546.

<http://dx.doi.org/10.1016/j.jrp.2013.04.007>

- Klug, H. J., & Maier, G. W. (2015). Linking goal progress and subjective well-being: A meta-analysis. *Journal of Happiness Studies*, *16*, 37–65. <http://dx.doi.org/10.1007/s10902-013-9493-0>
- Kwon, H. W. (2018). *The sociology of grit: Cross-cultural approaches to social stratification*. Unpublished doctoral dissertation, University of Iowa, Iowa City, IA.
- Kwon, H. W. (2021). Are gritty people happier than others? Evidence from the United States and South Korea. *Journal of Happiness Studies*, 1–23. <https://doi.org/10.1007/s10902-020-00343-4>
- Lam, K. K. L., & Zhou, M. (2020). A serial mediation model testing growth mindset, life satisfaction, and perceived distress as predictors of perseverance of effort. *Personality and Individual Differences*, *167*, 110262. <https://doi.org/10.1016/j.paid.2020.110262>
- Lan, X. Y. (2020). Grit profiles moderate the association between father involvement and depressive symptoms among Chinese young adults. (Unpublished manuscript).
- Lan, X. Y., Ma, C. H., & Radin, R. (2019). Parental autonomy support and psychological well-being in Tibetan and Han emerging adults: A serial multiple mediation model. *Frontiers in Psychology*, *10*, 621. <http://dx.doi.org/10.3389/fpsyg.2019.00621>
- Lan, X. Y., & Moscardino, U. (2019). Direct and interactive effects of perceived teacher-student relationship and grit on student wellbeing among stay-behind early adolescents in urban China. *Learning and Individual Differences*, *69*, 129–137. <http://dx.doi.org/10.1016/j.lindif.2018.12.003>
- Lan, X. Y., Wang, W. C., & Radin, R. (2019). Depressive symptoms in emerging adults with early left-behind experiences in rural China. *Journal of Loss & Trauma*, *24*, 339–355. <http://dx.doi.org/10.1080/15325024.2019.1586188>
- Lan, X., & Zhang, L. (2019). Shields for emotional well-being in Chinese adolescents who switch schools: The role of teacher autonomy support and grit. *Frontiers in Psychology*, *10*, 2384. <http://dx.doi.org/10.3389/fpsyg.2019.02384>
- Lee, C. S. (2018). Employment stress and wellbeing of university students in Korea: The mediating effects of growth mindset, grit, and hope. *Medico-Legal Update*, *18*, 254–259.

<http://dx.doi.org/10.5958/0974-1283.2018.00054.3>

- Lee, C. S., Park, J. Y., Clifford, N. A., Naseli, D. N., Ndong, A. P., Juliet, E. S., & Besumbu, E. (2018). Influence of human rights victimization on happiness: Mediating effect of grit and hope. *International Journal of Pure and Applied Mathematics*, *120*, 5765–5775.
- Lenz, A. S., Watson, J. C., Luo, Y., Norris, C., & Nkyi, A. (2018). Cross-cultural validation of four positive psychology assessments for use with a Ghanaian population. *International Journal for the Advancement of Counselling*, *40*, 148–161. <http://dx.doi.org/10.1007/s10447-017-9317-8>
- Li, J. G., Lin, L., Zhao, Y. J., Chen, J., & Wang, S. (2018). Grittier Chinese adolescents are happier: The mediating role of mindfulness. *Personality and Individual Differences*, *131*, 232–237. <http://dx.doi.org/10.1016/j.paid.2018.05.007>
- Li, J., Fang, M. Y., Wang, W. S., Sun, G., & Cheng, Z. M. (2018). The influence of grit on life satisfaction: Self-esteem as a mediator. *Psychologica Belgica*, *58*, 51–65. <http://dx.doi.org/10.5334/pb.400>
- Li, M., Wang, M. C., Shou, Y., Zhong, C., Ren, F., Zhang, X., & Yang, W. (2018). Psychometric properties and measurement invariance of the brief symptom inventory-18 among Chinese insurance employees. *Frontiers in Psychology*, *9*, 519. <http://dx.doi.org/10.3389/fpsyg.2018.00519>
- Liu, X., & Möttus, R. (2021, February 22). Control and well-being across cultures: The moderation of individualism on the relationship between primary & secondary control and affective & cognitive SWB. <https://doi.org/10.31234/osf.io/c7wsd>
- Lovering, M. E., Heaton, K. J., Banderet, L. E., Neises, K., Andrews, J., & Cohen, B. S. (2015). Psychological and physical characteristics of US marine recruits. *Military Psychology*, *27*, 261–275. <http://dx.doi.org/10.1037/mil0000082>
- Lozano-Jiménez, J. E., Huéscar, E., & Moreno-Murcia, J. A. (2021). From autonomy support and grit to satisfaction with life through self-determined motivation and group cohesion in higher education. *Frontiers in Psychology*, *11*, 3734. <http://dx.doi.org/10.3389/fpsyg.2020.579492>
- Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: A meta-analysis. *Journal of Personality and Social Psychology*, *102*,

592–615. <http://dx.doi.org/10.1037/a0025948>

- Machell, K. A. (2017). *Well-being in middle to late adolescence: The role of grit and life events*. Unpublished doctoral dissertation, George Mason University, Fairfax, VA.
- Martin, J. J., Byrd, B., Watts, M. L., & Dent, M. (2015). Gritty, hardy, and resilient: Predictors of sport engagement and life satisfaction in wheelchair basketball players. *Journal of Clinical Sport Psychology, 9*, 345–359. <http://dx.doi.org/10.1123/jcsp.2015-0015>
- Marshall, S. (2016). Predicting college students' positive psychology associated traits with executive functioning dimensions. *College Student Journal, 50*, 179–190.
- Masuyama, A., Kubo, T., Sugawara, D., & Chishima, Y. (2020). Interest consistency can buffer the effect of COVID-19 fear on psychological distress. (Unpublished manuscript).
- McCracken, L. M., Badinlou, F., Buhrman, M., & Brocki, K. C. (2021). The role of psychological flexibility in the context of COVID-19: Associations with depression, anxiety, and insomnia. *Journal of Contextual Behavioral Science, 19*, 28–35. <https://doi.org/10.1016/j.jcbs.2020.11.003>
- McCrae, R. R., & Mõttus, R. (2019). What Personality Scales Measure: A New Psychometrics and Its Implications for Theory and Assessment. *Current Directions in Psychological Science, 28*, 415–420. <https://doi.org/10.1177/0963721419849559>
- McCrae, R. R., & Sutin, A. R. (2018). A five-factor theory perspective on causal analysis. *European Journal of Personality, 32*, 151–166. <http://dx.doi.org/10.1002/per.2134>
- McGinnis, D. (2018). Resilience, life events, and well-being during midlife: Examining resilience subgroups. *Journal of Adult Development, 25*, 198–221. <http://dx.doi.org/10.1007/s10804-018-9288-y>
- Meriac, J. P., Slifka, J. S., & LaBat, L. R. (2015). Work ethic and grit: An examination of empirical redundancy. *Personality and Individual Differences, 86*, 401–405. <http://dx.doi.org/10.1016/j.paid.2015.07.009>
- Michalos, A. C. (1980). Satisfaction and happiness. *Social Indicators Research, 8*, 385–422. <http://dx.doi.org/10.1007/BF00461152>
- Mooradian, T., Matzler, K., Uzelac, B., & Bauer, F. (2016). Perspiration and inspiration: Grit and innovativeness as antecedents of entrepreneurial success. *Journal of Economic Psychology,*

-
- 56, 232–243. <http://dx.doi.org/10.1016/j.joep.2016.08.001>
- Moss-Pech, S. A., Southward, M. W., & Cheavens, J. S. (2021). Hope attenuates the negative impact of general psychological distress on goal progress. *Journal of Clinical Psychology, 77*(6), 1412–1427. <http://dx.doi.org/10.1002/jclp.23087>
- Mõttus, R. (2016). Towards more rigorous personality trait-outcome research. *European Journal of Personality, 30*, 292–303. <http://dx.doi.org/10.1002/per.2041>
- Mõttus, R., Kandler, C., Bleidorn, W., Riemann, R., & McCrae, R. R. (2017). Personality traits below facets: The consensual validity, longitudinal stability, heritability, and utility of personality nuances. *Journal of Personality and Social Psychology, 112*, 474–490. <http://dx.doi.org/10.1037/pspp0000100>
- Mõttus, R., Sinick, J., Terracciano, A., Hřebíčková, M., Kandler, C., Ando, J., ... & Jang, K. L. (2019). Personality characteristics below facets: A replication and meta-analysis of cross-rater agreement, rank-order stability, heritability, and utility of personality nuances. *Journal of Personality and Social Psychology, 117*, e35. <http://dx.doi.org/10.1037/pspp0000202>
- Mõttus, R., Wood, D., Condon, D. M., Back, M. D., Baumert, A., Costantini, G., ... & Zimmermann, J. (2020). Descriptive, predictive and explanatory personality research: Different goals, different approaches, but a shared need to move beyond the Big Few traits. *European Journal of Personality, 34*, 1175–1201.
- O’Neal, C. R., Espino, M. M., Goldthrite, A., Morin, M. F., Weston, L., Hernandez, P., & Fuhrmann, A. (2016). Grit under duress: Stress, strengths, and academic success among non-citizen and citizen Latina/o first-generation college students. *Hispanic Journal of Behavioral Sciences, 38*, 446–466. <http://dx.doi.org/10.1177/0739986316660775>
- Oriol, X., Miranda, R., Bazán, C., & Benavente, E. (2020). Distinct routes to understand the relationship between dispositional optimism and life satisfaction: Self-control and grit, positive affect, gratitude, and meaning in life. *Frontiers in Psychology, 11*, 907. <http://dx.doi.org/10.3389/fpsyg.2020.00907>
- Oriol, X., Miranda, R., Oyanedel, J. C., & Torres, J. (2017). The role of self-control and grit in domains of school success in students of primary and secondary school. *Frontiers in Psychology, 8*, 1716. <http://dx.doi.org/10.3389/fpsyg.2017.01716>

-
- O'Sullivan, L. F., Belu, C. F., & Wasson, K. S. J. (2021). Breaking up and bouncing back: How individual traits are linked to relationship status and post-relationship adjustment among young adults. (Unpublished manuscript).
- O'Sullivan, L. F., Hughes, K., Talbot, F., & Fuller, R. (2019). Plenty of fish in the ocean: How do traits reflecting resiliency moderate adjustment after experiencing a romantic breakup in emerging adulthood? *Journal of Youth and Adolescence*, *48*, 949–962. <http://dx.doi.org/10.1007/s10964-019-00985-5>
- Paunonen, S. V., & Ashton, M. C. (2001). Big Five factors and facets and the prediction of behavior. *Journal of Personality and Social Psychology*, *81*, 524–539. <http://dx.doi.org/10.1037/0022-3514.81.3.524>
- Pennings, S. M., Law, K. C., Green, B. A., & Anestis, M. D. (2015). The impact of grit on the relationship between hopelessness and suicidality. *International Journal of Cognitive Therapy*, *8*, 130–142. <http://dx.doi.org/10.1521/ijct.2015.8.2.130>
- Ponnock, A., Muenks, K., Morell, M., Yang, J. S., Gladstone, J. R., & Wigfield, A. (2020). Grit and conscientiousness: Another jangle fallacy. *Journal of Research in Personality*, *89*, 104021. <http://dx.doi.org/10.1016/j.jrp.2020.104021>
- Reed, J., Pritschet, B. L., & Cutton, D. M. (2013). Grit, conscientiousness, and the transtheoretical model of change for exercise behavior. *Journal of Health Psychology*, *18*, 612–619. <http://dx.doi.org/10.1177/1359105312451866>
- Renshaw, T. L., & Bolognino, S. J. (2016). The College Student Subjective Wellbeing Questionnaire: A brief, multidimensional measure of undergraduate's covitality. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, *17*, 463–484. <http://dx.doi.org/10.1007/s10902-014-9606-4>
- Robbins, S. B., Lauver, K., Le, H., Davis, D., Langley, R., & Carlstrom, A. (2004). Do psychosocial and study skill factors predict college outcomes? A meta-analysis. *Psychological Bulletin*, *130*, 261–288. <http://dx.doi.org/10.1037/0033-2909.130.2.261>
- Roberts, B. W., Chernyshenko, O. S., Stark, S., & Goldberg, L. R. (2005). The structure of conscientiousness: An empirical investigation based on seven major personality questionnaires. *Personnel Psychology*, *58*, 103–139. <http://dx.doi.org/10.1111/j.1744->

6570.2005.00301.x

- Roberts, B. W., & DelVecchio, W. F. (2000). The rank-order consistency of personality traits from childhood to old age: A quantitative review of longitudinal studies. *Psychological Bulletin*, *126*(1), 3. <http://dx.doi.org/10.1037/0033-2909.126.1.3>
- Rosseel, Y. (2012). Lavaan: An R package for structural equation modeling and more. Version 0.5–12 (BETA). *Journal of Statistical Software*, *48*, 1–36.
- Salmela-Aro, K., & Nurmi, J.-E. (1997). Goal contents, well-being, and life context during transition to university: A longitudinal study. *International Journal of Behavioral Development*, *20*, 471–491. <http://dx.doi.org/10.1080/016502597385234>
- Samson, A. C., Proyer, R. T., Ceschi, G., Pedrini, P. P., & Ruch, W. (2011). The fear of being laughed at in Switzerland. *Swiss Journal of Psychology*, *70*, 53–62. <http://dx.doi.org/10.1024/1421-0185/a000039>
- Schmidt, F. L., & Le, H. A. (2004). *Software for the Hunter-Schmidt meta-analysis method*. Department of Management and Organizations, University of Iowa, Iowa City, IA.
- Schmidt, F. T., Nagy, G., Fleckenstein, J., Möller, J., Retelsdorf, J., & Back, M. (2018). Same same, but different? Relations between facets of conscientiousness and grit. *European Journal of Personality*, *32*, 705–720. <http://dx.doi.org/10.1002/per.2171>
- Schimmack, U., Radhakrishnan, P., Oishi, S., Dzokoto, V., & Ahadi, S. (2002). Culture, personality, and subjective well-being: Integrating process models of life satisfaction. *Journal of Personality and Social Psychology*, *82*, 582–593. <http://dx.doi.org/10.1037/0022-3514.82.4.582>
- Schimmack, U., Schupp, J., & Wagner, G. G. (2008). The influence of environment and personality on the affective and cognitive component of subjective well-being. *Social Indicators Research*, *89*, 41–60. <http://dx.doi.org/10.1007/s11205-007-9230-3>
- Seeboth, A., & Möttus, R. (2018). Successful explanations start with accurate descriptions: Questionnaire items as personality markers for more accurate predictions. *European Journal of Personality*, *32*, 186–201. <http://dx.doi.org/10.1002/per.2147>
- Sellers, K. (2019). Retention of Nurses in a Rural Environment: The impact of job satisfaction, resilience, grit, engagement, and rural fit. *Online Journal of Rural Nursing and Health Care*,

19, 4–42. <http://dx.doi.org/10.14574/ojrnhc.v19i1.547>

- Sharkey, C. M. (2017). *Grit as a Predictor of Illness-Related Distress and Psychosocial Outcomes in College Students with a Chronic Illness: A Path Analysis*. Unpublished master's dissertation, Oklahoma State University, Stillwater, OK.
- Sharkey, C. M., Bakula, D. M., Baraldi, A. N., Perez, M. N., Suorsa, K. I., Chaney, J. M., & Mullins, L. L. (2017). Grit, illness-related distress, and psychosocial outcomes in college students with a chronic medical condition: A path analysis. *Journal of Pediatric Psychology*, *43*, 552–560. <http://dx.doi.org/10.1093/jpepsy/jsx145>
- Shechtman, N., DeBarger, A. H., Dornsife, C., Rosier, S., & Yarnall, L. (2013). *Promoting grit, tenacity, and perseverance: Critical factors for success in the 21st century*. Washington, DC: US Department of Education, Department of Educational Technology, 1–107.
- Sheehan, K. (2014). *Storm clouds in the mind: A comparison of hope, grit, happiness and life satisfaction in traditional and alternative school students*. Unpublished doctoral dissertation, Hofstra University, Hempstead, NY.
- Sheridan, Z., Boman, P., Mergler, A., & Furlong, M. J. (2015). Examining well-being, anxiety, and self-deception in university students. *Cogent Psychology*, *2*, 993850. <http://dx.doi.org/10.1080/23311908.2014.993850>
- Siah, P. C., Tung, P. Y., & Chan, M. P. (2020). Non-attachment and happiness: Mediating versus moderating roles of grit personality. *Current Issues in Personality Psychology*, *8*(1), 31–40. <http://dx.doi.org/10.5114/cipp.2020.95147>
- Şimşir, Z., & Dilmaç, B. (2021). The mediating roles of grit and life satisfaction in the relationship between self-discipline and peace: Development of the self-discipline scale. *Current Psychology*, 1–11. <https://doi.org/10.1007/s12144-021-01515-y>
- Slick, S. N., & Lee, C. S. (2014). The relative levels of grit and their relationship with potential dropping-out and university adjustment of foreign students in Korea. *Journal of Digital Convergence*, *12*, 61–66.
- Smith, C. E. (2018). *The predictive power of positive psychological factors on weight change among treatment-seeking obese adults*. Unpublished doctoral dissertation, Florida State University, Tallahassee, FL.

-
- Steel, P., Schmidt, J., & Shultz, J. (2008). Refining the relationship between personality and subjective well-being. *Psychological Bulletin*, *134*, 138–161. <http://dx.doi.org/10.1037/0033-2909.134.1.138>
- Steel, P., Taras, V., Uggerslev, K., & Bosco, F. (2018). The happy culture: A theoretical, meta-analytic, and empirical review of the relationship between culture and wealth and subjective well-being. *Personality and Social Psychology Review*, *22*, 128–169. <http://dx.doi.org/10.1177/1088868317721372>
- Tang, X., Upadaya, K., & Salmela-Aro, K. (2021). School burnout and psychosocial problems among adolescents: Grit as a resilience factor. *Journal of Adolescence*, *86*, 77–89. <https://doi.org/10.1016/j.adolescence.2020.12.002>
- Tiittanen, M. (2014). *Grit and different aspects of well-being: Direct and indirect effects via sense of coherence and authenticity*. Unpublished master's dissertation, Lund University, Lund, Sweden.
- Triandis, H. C. (1995). *Individualism and collectivism*. Boulder, CO: Westview Press.
- Tuckwiller, B., & Dardick, W. R. (2018). Mindset, grit, optimism, pessimism, and life satisfaction in university students with and without anxiety and/or depression. *Journal of Interdisciplinary Studies in Education*, *6*, 32–48.
- Umucu, E., Villegas, D., Viramontes, R., Jung, H., & Lee, B. (2021). Measuring grit in veterans with mental illnesses: Examining the model structure of grit. *Psychiatric Rehabilitation Journal*, *44*(1), 87–92. <http://dx.doi.org/10.1037/prj0000420>
- Vainio, M. M., & Daukantaite, D. (2016). Grit and different aspects of well-being: Direct and indirect relationships via sense of coherence and authenticity. *Journal of Happiness Studies*, *17*, 2119–2147. <http://dx.doi.org/10.1007/s10902-015-9688-7>
- Van Doren, N., Tharp, J. A., Johnson, S. L., Staudenmaier, P. J., Anderson, C., & Freeman, M. A. (2019). Perseverance of effort is related to lower depressive symptoms via authentic pride and perceived power. *Personality and Individual Differences*, *137*, 45–49. <http://dx.doi.org/10.1016/j.paid.2018.07.044>
- Vickers, B. D. (2019). *Investigating Achievement and Mental Health through the Dual-Factor Model*. Unpublished master's dissertation, University of West Florida, Pensacola, FL.

-
- Viswesvaran, C., & Ones, D. S. (1995). Theory testing: Combining psychometric meta-analysis and structural equations modeling. *Personnel Psychology, 48*, 865–885. <http://dx.doi.org/10.1111/j.1744-6570.1995.tb01784.x>
- Von Culin, K. R., Tsukayama, E., & Duckworth, A. L. (2014). Unpacking grit: Motivational correlates of perseverance and passion for long-term goals. *The Journal of Positive Psychology, 9*, 306–312. <http://dx.doi.org/10.1080/17439760.2014.898320>
- Wang, L., Wang, K. T., Heppner, P. P., & Chuang, C. C. (2017). Cross-national cultural competency among Taiwanese international students. *Journal of Diversity in Higher Education, 10*, 271–287. <http://dx.doi.org/10.1037/dhe0000020>
- Wanous, J. P., Reichers, A. E., & Hudy, M. J. (1997). Overall job satisfaction: How good are single-item measures? *Journal of Applied Psychology, 82*, 247–252. <http://dx.doi.org/10.1037/0021-9010.82.2.247>
- Waring, A. (2015). The influence of attachment and grit on life satisfaction and romantic relationship satisfaction. *Unpublished doctoral dissertation, University of La Verne, La Verne, CA.*
- Watson, H. N. (2013). *Predicting college students' positive psychology attributes with dimensions of executive functioning*. Unpublished master's dissertation, Middle Tennessee State University, Murfreesboro, TN.
- Weiss, A. E. (2018). *Examining the predictive abilities of mindfulness, self-compassion, and grit*. Unpublished undergraduate honors dissertation, West Virginia University, Morgantown, WV.
- Weisskirch, R. S. (2019). Grit applied within identity and well-being. *Identity: An International Journal of Theory and Research, 19*, 98–108. <http://dx.doi.org/10.1080/15283488.2019.1604345>
- Wenner, J. R., & Randall, B. A. (2016). Predictors of prosocial behavior: Differences in middle aged and older adults. *Personality and Individual Differences, 101*, 322–326. <http://dx.doi.org/10.1016/j.paid.2016.05.367>
- Werner, K. M., Milyavskaya, M., Klimo, R., & Levine, S. L. (2019). Examining the unique and combined effects of grit, trait self-control, and conscientiousness in predicting motivation for academic goals: A commonality analysis. *Journal of Research in Personality, 81*, 168–175.

<http://dx.doi.org/10.1016/j.jrp.2019.06.003>

- Whitener, E. M. (1990). Confusion of confidence intervals and credibility intervals in meta-analysis. *Journal of Applied Psychology, 75*, 315–321. <http://dx.doi.org/10.1037/0021-9010.75.3.315>
- Wood, J. A. (2008). Methodology for dealing with duplicate study effects in a meta-analysis. *Organizational Research Methods, 11*, 79–95. <http://dx.doi.org/10.1177/1094428106296638>
- Yang, Y., Li, P., Fu, X., & Kou, Y. (2017). Orientations to happiness and subjective well-being in Chinese adolescents: The roles of prosocial behavior and internet addictive behavior. *Journal of Happiness Studies, 18*, 1747–1762. <http://dx.doi.org/10.1007/s10902-016-9794-1>
- Zhang, M. X., Mou, N. L., Tong, K. K., & Wu, A. M. S. (2018). Investigation of the effects of purpose in life, grit, gratitude, and school belonging on mental distress among Chinese emerging adults. *International Journal of Environmental Research and Public Health, 15*, 2147. <http://dx.doi.org/10.3390/ijerph15102147>
- Zhao, Y., Sang, B., & Ding, C. (2021). The roles of emotional intelligence and adversity quotient in life satisfaction. *Current Psychology, 1–10*. <https://doi.org/10.1007/s12144-021-01398-z>
- Zhong, C. X., Wang, M. C., Shou, Y. Y., Ren, F., Zhang, X. T., Li, M. S., & Yang, W. D. (2018). Assessing construct validity of the Grit-S in Chinese employees. *Plos One, 13*, e0209319. <http://dx.doi.org/10.1371/journal.pone.0209319>