The Role of Passion in Optimal Functioning in Society

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Orlando, Florida

Connect with positive psychology researchers, practitioners and students, including:

David Cooperrider
Ed Diener
Jane Dutton
Barbara Fredrickson

Jonathan Haidt
Kenneth Pargament
Kaiping Peng
Martin Seligman

Margarita Tarragona
Carmelo Vazquez
Lea Waters
…and many more!
POSITIVE PSYCHOLOGY

“The Scientific Study of What Enables Individuals and Communities To Thrive?”

IPPA (2007)
What is Thriving?
Florously?
Well-Being?
Sylvia Colston-Still
Productivity
1. Definition of Optimal Functioning in Society (OFIS)

2. The Role of One Type of Motivational Processes (Passion) in OFIS

3. Conclusions
WHAT IS OPTIMAL FUNCTIONING IN SOCIETY?
1. Optimal Functioning is Not Limited to One Dimension (Localized)-

It is Multidimensional
Multidimensional Models

- Ryff
- Keyes
- Huppert
- Seligman
- WHO (1946)
1. Psychological Well-Being
2. Physical Well-Being (Health)
3. Relational Well-Being
4. High Performance at work (or school)

5. Contribution to One’s Community/Society
2. Focusing Exclusively On One Dimension of Functioning Creates Conflict & Undermine Other Dimensions
3. It’s Not Either Hedonia OR Eudaimonia

But Hedonia AND Eudaimonia
4. Positive Affect Contributes To Optimal Functioning
   (Information, Energy, and Broaden & Build)
5. Negative Affect Can Contribute to Optimal Functioning (Information)

RECURRENT Negative Affect Undermines it
6. Engaging in a Meaningful Activity

Does Not Ensure OFIS—

How One Engages in It

(The Motivational Process) Matters

in Part through the Affect or Conflict

It Generates
PASSION PLAYS A KEY ROLE IN OFIS
WHAT IS PASSION?
A STRONG INCLINATION TOWARD A SELF-DEFINING ACTIVITY (OBJECT, PERSON, BELIEF) THAT WE:

• LOVE
• VALUE
• INVEST TIME AND ENERGY IN
PASSION

THE ACTIVITY BECOMES INTERNALIZED IN ONE'S IDENTITY

• IN AN AUTONOMOUS FASHION → HARMONIOUS PASSION

• IN A CONTROLLED FASHION → OBSESSIVE PASSION
OBSESSIVE PASSION

• STRONG DESIRE TO ENGAGE IN THE ACTIVITY THAT EVENTUALLY GETS OUT OF CONTROL

• PERSON CAN’T HELP HIM / HERSELF - PASSION MUST RUN ITS COURSE

• CREATES CONFLICT WITH THE PERSON’S OTHER ACTIVITIES

• LEADS TO A DEFENSIVE MINDSET & NEGATIVE EMOTIONAL CONSEQUENCES, RUMINATION, AND TO RIGID PERSISTENCE (« CAN’T LET GO »)

• DOES NOT CONTRIBUTE FULLY TO SELF-GROWTH AND OFIS
HARMONIOUS PASSION

• STRONG DESIRE TO ENGAGE IN THE ACTIVITY THAT REMAINS UNDER THE PERSON’S CONTROL
• THE PERSON CAN CHOOSE WHEN TO AND WHEN NOT TO ENGAGE IN THE ACTIVITY
• IN HARMONY WITH THE PERSON’S OTHER ACTIVITIES AND LIFE CONTEXTS
• LEADS TO OPENNESS & POSITIVE EMOTIONAL EXPERIENCE AND TO FLEXIBLE PERSISTENCE
• FACILITATES SELF-GROWTH AND OFIS
Passion is Dynamic
RESEARCH ON PASSION

1. Around 200 studies conducted in different labs
2. Prevalence of passion in people’s lives (85%)
3. High engagement (M= 8 Hrs/week)
4. A variety of samples: painters, teachers, nurses, athletes, musicians, actors in different cultures
5. Across the lifespan (from 10 to 100 years)
6. Various designs: correlational, longitudinal, experimental, diary study etc.
7. Different outcomes and determinants, objective assessments and peer reports
THE PASSION SCALE
(Marsh, Vallerand et al., 2013)

Obsessive Passion - Selected Items
• I have a tough time controlling my urge to do this activity.
• I almost have an obsessive feeling for this activity.

Harmonious Passion - Selected Items
• This activity is in harmony with the other activities in my life.
• This activity allows me to live a variety of experiences.

Cronbach alpha = obsessive passion .85, harmonious passion .86
Correlation between the two factors = .18
PASSION AND OPTIMAL FUNCTIONING IN SOCIETY

1. Psychological Well-Being
Harmonious Passion

Situational Positive Affect

Subjective Well-Being

Obsessive Passion

Situational Negative Affect

Subjective Well-Being

\(\chi^2 = 3.48, df = 7; p = .84; n=119\)

CFI = 1.000; NNFI = 1.038; RMSEA = 0.000

(Rousseau & Vallerand, 2008)
It’s Not Hedonia
OR
Eudaimonia

But Hedonia AND Eudaimonia
ON SUSTAINABLE
PSYCHOLOGICAL
WELL-BEING
WHEN YOU CAN’T

LET GO...
BURNOUT

(Vallerand et al., 2010)
Houlfort et al., 2014
Lalande, Vallerand et al. (2014, Study 3)

General Need Satisfaction

Need Satisfaction at Work

T1 Harmonious Passion for Work

T1 Obsessive Passion for Work

Vitality

T2 Harmonious Passion for Work

T2 Obsessive Passion for Work

T2 Vitality

Correlations:

- .39*
- .15†
- .28*
- .72*
- .79*
- .59*
- .27*
OPTIMAL FUNCTIONING IN SOCIETY

1. Psychological Well-Being
2. Physical Well-Being (Health)
INCREASED ENERGY

DURING AND AFTER

ACTIVITY ENGAGEMENT

ESPECIALLY HP
Passion and

Acute and Chronic Injuries
Obsessive Passion for Yoga

Harmonious Passion for Yoga

Negative Emotions

Positive Emotions

State Anxiety

Physical Symptoms

TIME 1

Obsessive Passion for Yoga

Harmonious Passion for Yoga

Negative Emotions

Positive Emotions

State Anxiety

Physical Symptoms

TIME 2

-.15*

-.22*

.19*

-.23*

-.16*

.68*

.78*

.55*

.66*

.15*

-.15*

-.16*

.19*

-.23*

-.16*

.66*
After Mission (3 months later)

Before Mission

Harmonious Passion

Obessive Passion

.35*

.45*

.72*

Self-neglect

.28*

Physical Symptoms

Rumination

.26*

PTSD

(St-Louis et al., 2014)
OPTIMAL FUNCTIONING IN SOCIETY

1. Psychological Well-Being
2. Physical Well-Being (Health)
3. Relational Well-Being
Philippe et al., 2010, JPSP
Philippe, Vallerand et al. (2010, Study 2, JPSP)

Harmonious Passion

Obsessive Passion

Hours of Weekly Involvement

Positive Emotions At Work

Quality of Interpersonal Relationships at Work

$\chi^2 (df = 4, N=195) = 3.81, p = .43$
RMSEA = .00 [.00; .11]
NNFI = 1.00, CFI = 1.00, GFI = .99, SRMR = .029, NFI = 0.98
(Vallerand et al., 2008, Study 3)
Vallerand, Ntoumanis et al. (2008, Study 3)

Obsessive Passion → Couple Relationship Conflict

.60**

.48**

Harmonious Passion → Couple Relationship Conflict

-.15

Couple Relationship Conflict → Couple Relationship Satisfaction

-.36*

.60**
Ratelle et al. (2013); Carbonneau & Vallerand, 2014, in press)
(Carbonneau & Vallerand, 2014)

**Self-Report (Participants)**

- **Harmonious Passion**
  - -.03 to **Obsessive Passion**
  - .26** from **Relationship Length**
  - .18† to **Diminished Involvement in Other Relationships and Activities**

**Reported by Informants**

- .24* from **Harmonious Passion**
- -.23* to **Personal Growth**

**Self-Report** (Participants) vs **Reported by Informants**
OPTIMAL FUNCTIONING IN SOCIETY

1. Psychological Well-Being
2. Physical Well-Being (Health)
3. Relational Well-Being
4. High Performance
Deliberate Practice

A HIGHLY STRUCTURED ACTIVITY MOTIVATED BY THE EXPLICIT AIM OF IMPROVING PERFORMANCE

( Ericsson & Charness, 1994)
HARMONIOUS PASSION + OBSESSIVE PASSION → DELIBERATE PRACTICE → PERFORMANCE + PSYCHOLOGICAL WELL-BEING
Passion and Performance (Dramatic Arts) (Vallerand et al., 2007, Study 1)

- **Time 1**
  - **HARMONIOUS PASSION**
  - **OBSESSIVE PASSION**
  - **SUBJECTIVE WELL-BEING**
    - Path coefficient: 0.32
  - **DELIBERATE PRACTICE**
    - Path coefficient: 0.29
  - **OBJECTIVE PERFORMANCE**
    - Path coefficient: 0.21

- **Time 2**
(Vallerand et al., 2008, Study 2)
(Bonneville-Roussy, Lavigne, & Vallerand, 2010)
WHEN OP OUTPERFORMS HP
1. Psychological Well-Being
2. Physical Well-Being (Health)
3. Relational Well-Being
4. High Performance
5. Contributions to Society
PASSION FOR A CAUSE

“Without passion, change is not possible.”

(David Suzuki, 2002, p.3)
RENÉ LÉVESQUE
### Mainstream Activism

(Rip, Vallerand, & Lafrenière, 2012, Study 1)

<table>
<thead>
<tr>
<th>Democratic Political Activism</th>
<th>HP</th>
<th>OP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a financial contribution to the Parti Québécois...</td>
<td>.37***</td>
<td>-.07</td>
</tr>
<tr>
<td>Help subsidize sovereignty related discussion forums in high schools...</td>
<td>.20*</td>
<td>.03</td>
</tr>
<tr>
<td>Engage in door-to-door activism disseminating Sovereignist ideas...</td>
<td>.23**</td>
<td>-.01</td>
</tr>
<tr>
<td>Convince people that Sovereignty will bring about a better life...</td>
<td>.20*</td>
<td>.12</td>
</tr>
<tr>
<td>Organize Sovereignity themed cultural activities...</td>
<td>.22**</td>
<td>-.06</td>
</tr>
<tr>
<td>Organize Sovereignity themed public discussion forums...</td>
<td>.22**</td>
<td>-.24**</td>
</tr>
<tr>
<td>Organize a strong Sovereignist popular movement...</td>
<td>.36***</td>
<td>-.11</td>
</tr>
</tbody>
</table>

*Note. *p* < .05 **p* < .01 ***p* ≤ .001; pr control for other passion.*
Radical Activism

<table>
<thead>
<tr>
<th>Radical Political Activism</th>
<th>HP</th>
<th>OP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quit one’s job if employer’s actions undermine Sovereignty...</td>
<td>-.04</td>
<td>.26**</td>
</tr>
<tr>
<td>End good friendships with people who do not share my opinion on S...</td>
<td>.11</td>
<td>.28**</td>
</tr>
<tr>
<td>Form a radical Sovereignist group...</td>
<td>.05</td>
<td>.42***</td>
</tr>
<tr>
<td>Achieve Québec Sovereignty through subversive acts...</td>
<td>-.12</td>
<td>.31***</td>
</tr>
<tr>
<td>Have recourse to acts of sabotage...</td>
<td>-.12</td>
<td>.30***</td>
</tr>
<tr>
<td>Give one’s life for the Sovereignty of Québec...</td>
<td>.09</td>
<td>.40***</td>
</tr>
<tr>
<td>Take all necessary actions to achieve the Sovereignty of Québec...</td>
<td>.01</td>
<td>.44***</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy Option</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unilateral secession from Canada</td>
<td>-.19</td>
<td>.42***</td>
</tr>
</tbody>
</table>

Note. *p < .05 **p < .01 ***p ≤ .001; pr control for other passion.
PASSION VS MOTIVATION
(Gousse-Lessard & Vallerand, 2014, Study 2)
OPTIMAL FUNCTIONING IN SOCIETY

1. Psychological Well-Being
2. Physical Well-Being (Health)
3. Relational Well-Being
4. High Performance
5. Contributions to Society
Canonical Correlations between Passion and the Optimal Functioning in Society Scale (n=160 nurses)

<table>
<thead>
<tr>
<th>Psychological Well-Being</th>
<th>1*</th>
<th>2*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HP = 0.99</td>
<td>HP = -0.02</td>
</tr>
<tr>
<td></td>
<td>OP = -0.03</td>
<td>OP = 0.99</td>
</tr>
<tr>
<td>Psychological Well-Being</td>
<td>.56</td>
<td>-.06</td>
</tr>
<tr>
<td>Physical Health</td>
<td>.84</td>
<td>-.49</td>
</tr>
<tr>
<td>Quality of Interpersonal</td>
<td>.37</td>
<td>-.39</td>
</tr>
<tr>
<td>Relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work Performance</td>
<td>.65</td>
<td>.32</td>
</tr>
<tr>
<td>Contribution to Society</td>
<td>.48</td>
<td>.61</td>
</tr>
<tr>
<td>% of variance</td>
<td>.25</td>
<td>.06</td>
</tr>
</tbody>
</table>

*p < .05
ON THE DEVELOPMENT OF PASSION

A Three-Step Process

1. Selection of the Activity: The Role of Culture, Community, Family, and Self (Identity)

2. Activity Valuation --> Internalization in Identity

3. Conditions of Involvement (Style of Adults toward Children --> Type of Passion)
SOCIAL DETERMINANTS OF PASSION

1. Autonomy support (Donahue et al., 2012; Liu et al., 2011; Fernet et al., 2014)

2. Leadership (Houlfort et al, 2012)

3. Clan vs Market Culture (Houlfort et al. 2012)

4. Using your strengths (Forest et al., 2012)
CONCLUSIONS

1. So What is Thriving? OFIS
2. What about Affect and Cognition?
3. Passion Matters: HP vs OP—The self at work
4. Is OP all that Bad?
5. Passion AND Motivation
TAKE HOME MESSAGES

1. Try to cultivate HP for one activity
   • Look inside at yourself and strengths
   • Include other fun activities in your life
   • Take the activity seriously without taking yourself seriously

2. Learn from setbacks, improve, and grow within the activity

3. Understand the functionality of OP
   Short term, Long term
“Take your passion and make it happen.”

from What a Feeling, Irene Cara in Flashdance

... but harmoniously!
THANK YOU !!

MERCI!!!

Send me an email: Vallerand.bob@gmail.com

Visit our website
WWW.PSYCHO.UQAM.CA/LRCS
(Fuster et al., 2014)