

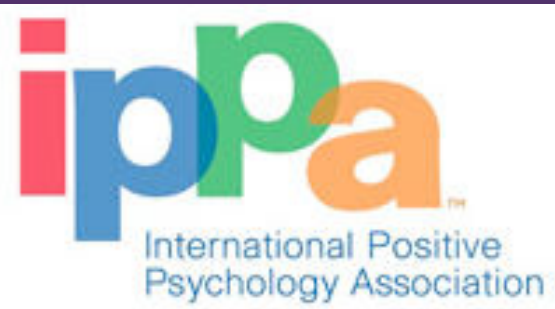
New Perspectives on the Psychology of Passion: On Self-Growth and Temporal Perspectives

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Université du Québec à Montréal and
Australian Catholic University

Keynote, CPPA Conference, June 16th, 2016, Niagara on the Lake

Save the Date!



Fifth World Congress on Positive Psychology

July 13-16, 2017

Montréal, Canada!

Thanks to

Ms Geneviève Porlier

Ms Maylys Rapaport

Prof Fabien Fenouillet

Dr. Charles Martin-Krumm

Dr. Andreas Krafft

Ms Ariane St-Louis

Mr. Jérémie Verner-Filion

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POSITIVE PSYCHOLOGY

***“Psychology should document how people’s
lives can be most worth living”***

Seligman & Csikszentmihalyi (2000)



« I've always had a passion for hockey, ... That's the key. You can't be putting in time. You have to enjoy doing what you do. »
Sidney Crosby





« Nothing is as important as Passion. No matter what you
Do with your life, be passionate »
John Bon Jovi

















Getty Images









OUTLINE

1. Definition of Passion
2. The Dualistic Model of Passion
3. Research on New Perspectives:
A-Self-Growth VS Activity-Growth
B- Time Travelling
4. The Development of Passion
5. Future Research and Applications

WHAT

IS

PASSION

*THE DUALISTIC
MODEL
OF PASSION*

PASSION



DEFINITION

(Vallerand, 2010, 2015; Vallerand et al., 2003)

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
- POOR INTERNALIZATION AND LESS ACCESS TO ADAPTIVE SELF PROCESSES
- CREATES CONFLICT WITH THE PERSON'S IDENTITY ELEMENTS AND OTHER LIFE ACTIVITIES
- LEADS TO **NEGATIVE** EMOTIONAL CONSEQUENCES, RIGID PERSISTENCE, AND LIMITED SELF-GROWTH

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
- AUTONOMOUS INTERNALIZATION AND ACCESS TO ADAPTIVE SELF PROCESSES
- IN HARMONY WITH THE PERSON'S IDENTITY ELEMENTS AND OTHER LIFE ACTIVITIES
- LEADS TO **POSITIVE** EMOTIONAL EXPERIENCE, FLEXIBLE PERSISTENCE, AND SELF-GROWTH



THE PASSION SCALE

(Vallerand et al., 2003; 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.
-

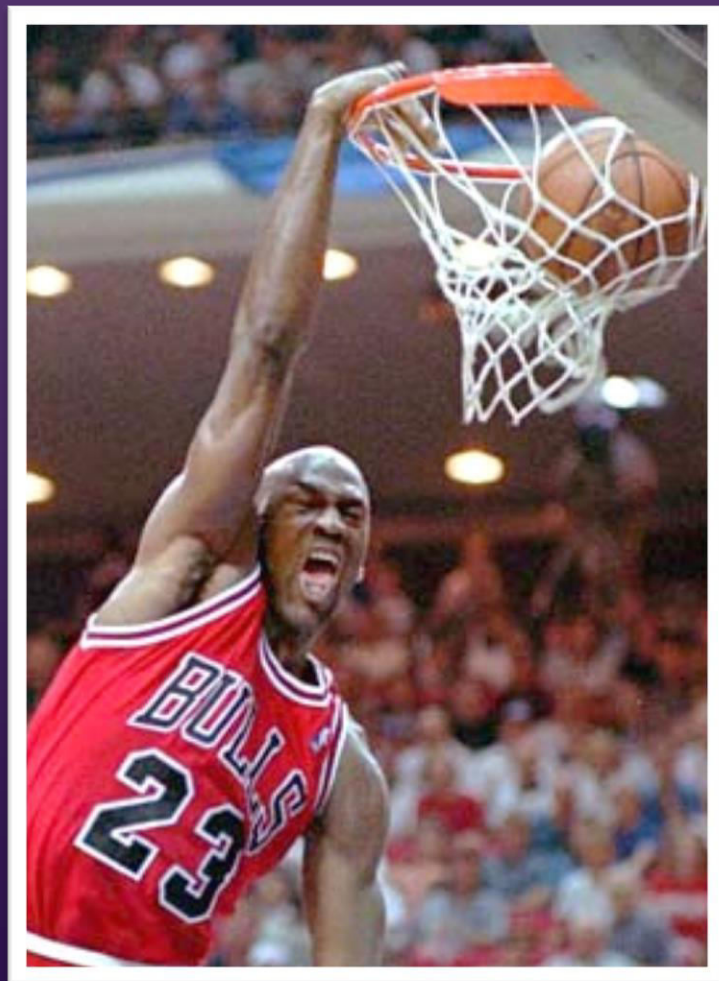
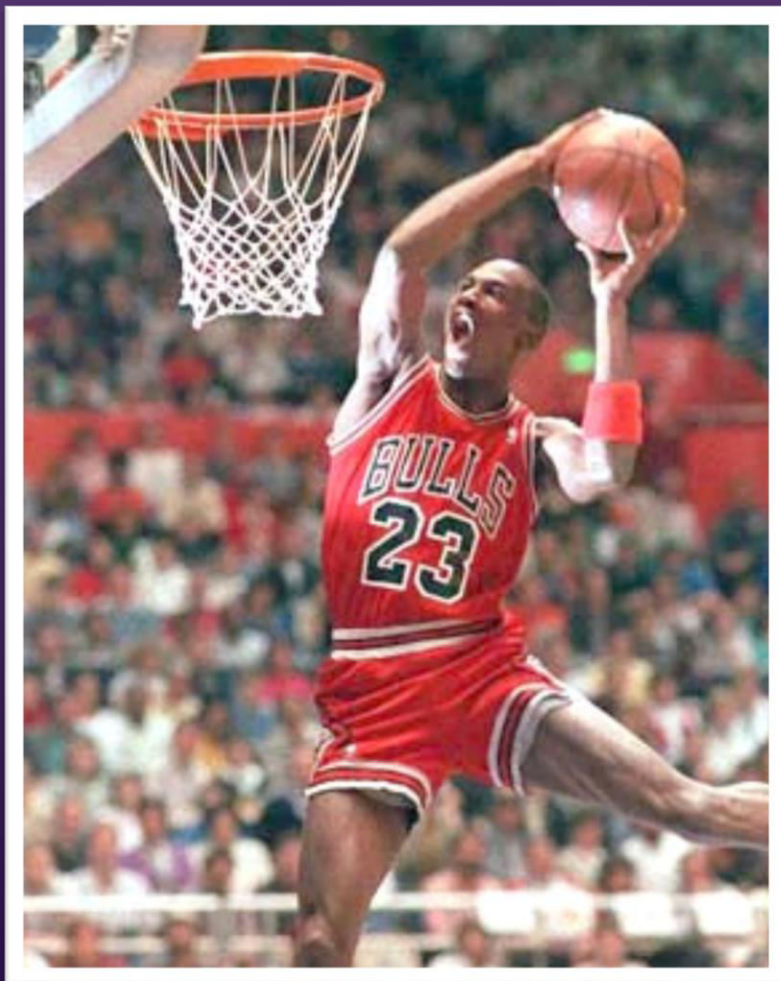
BASIC METHODOLOGY/FINDINGS

1. Over 200 studies conducted in different labs
2. Prevalence of passion in people's lives 75-85%
3. A variety of samples: painters, teachers, nurses, athletes, musicians, actors in different cultures
4. Across the lifespan (from 10 to 100 years)
5. The Passion Scale- Validation and Invariance
6. Experimental inductions of passion
7. Various designs: correlational, longitudinal, experimental, diary study etc.
8. Optimal Functioning: Different outcomes objective assessments, and peer reports; Determinants
9. HP > OP on Positive Emotions, Flow, Well-Being etc

SELF-GROWTH VS ACTIVITY- GROWTH





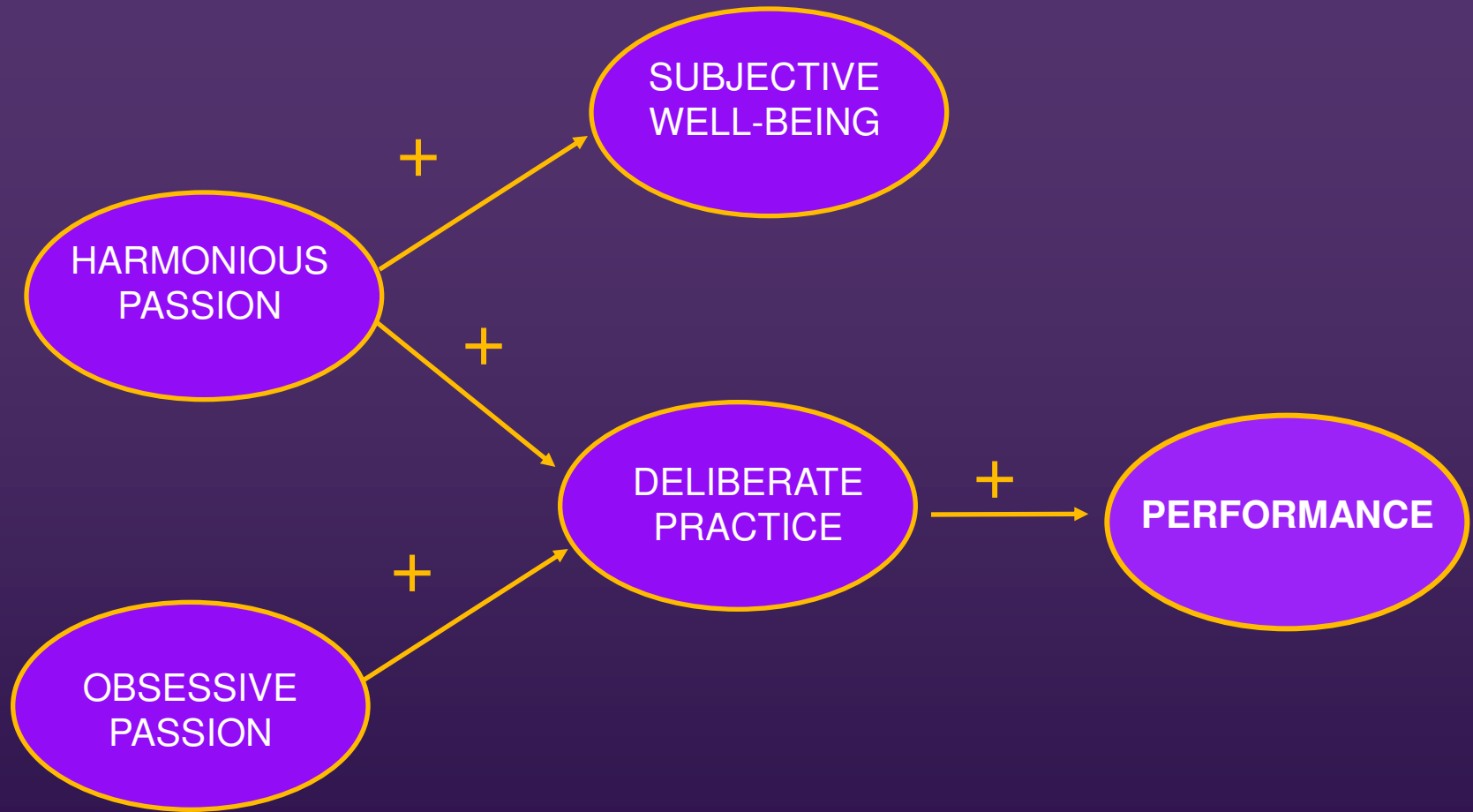


Deliberate Practice



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

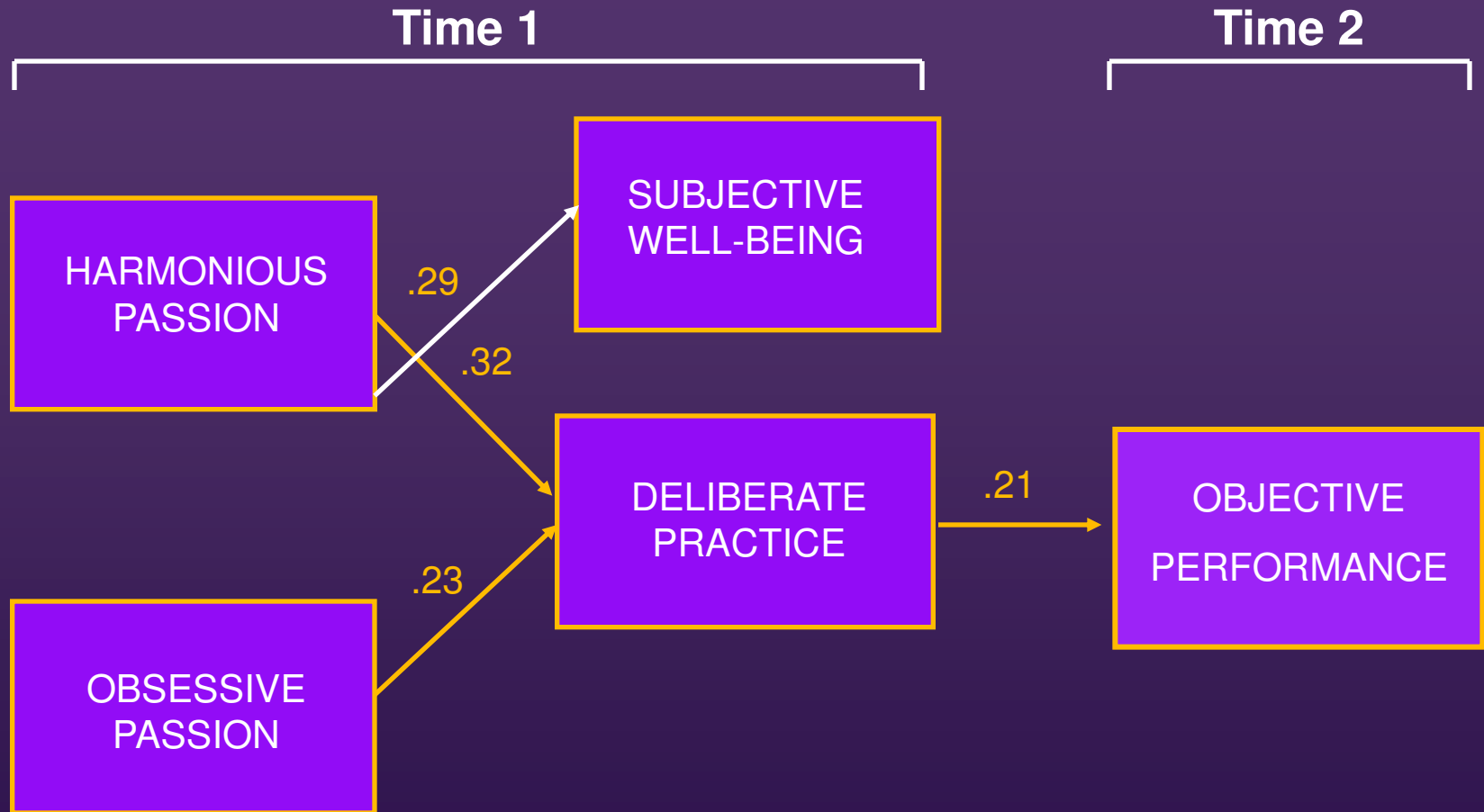
(Ericsson & Charness, 1994)





Passion and Performance (Dramatic Arts)

(Vallerand et al., 2007, Study 1)

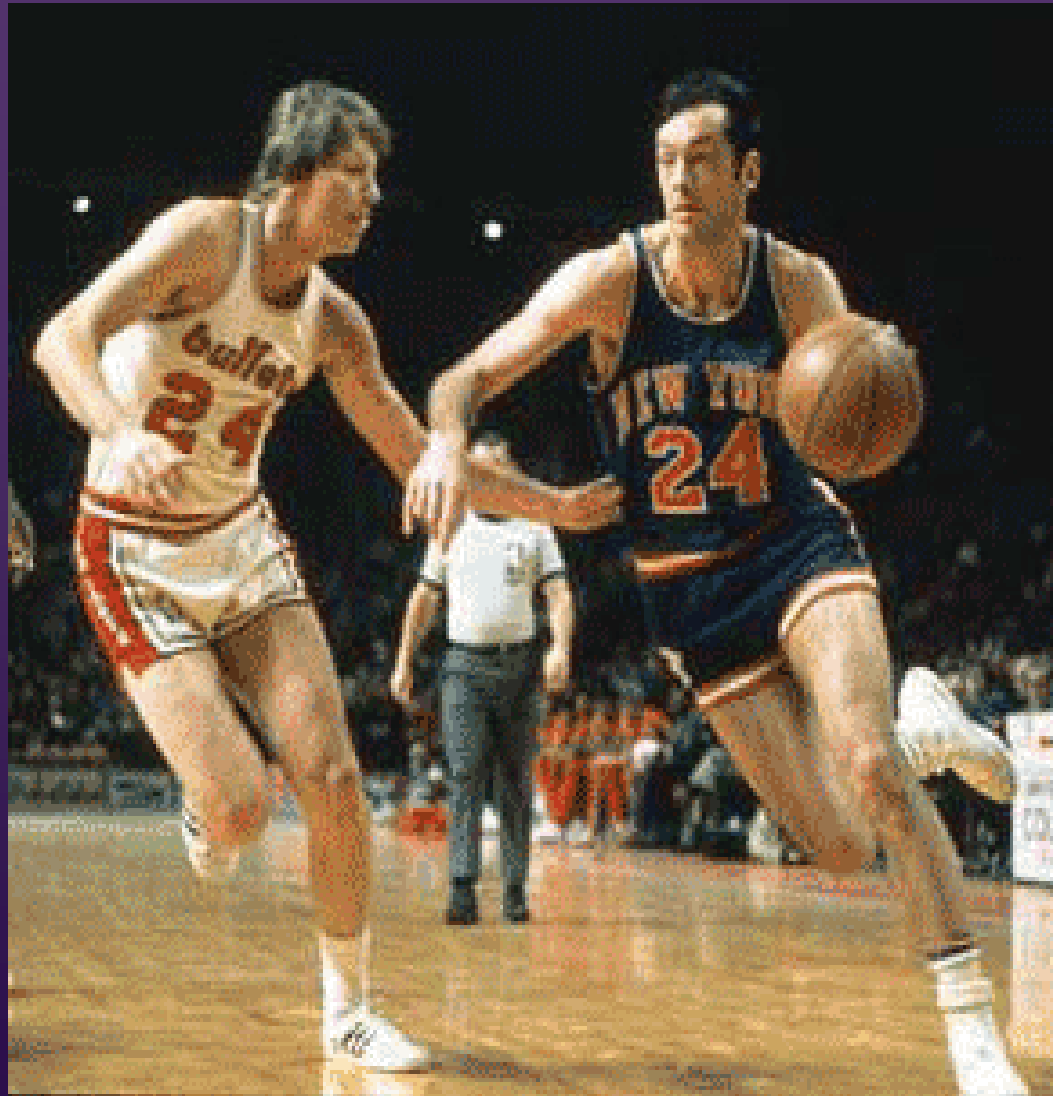


(Bonneville-Roussy, Lavigne, & Vallerand, 2010)



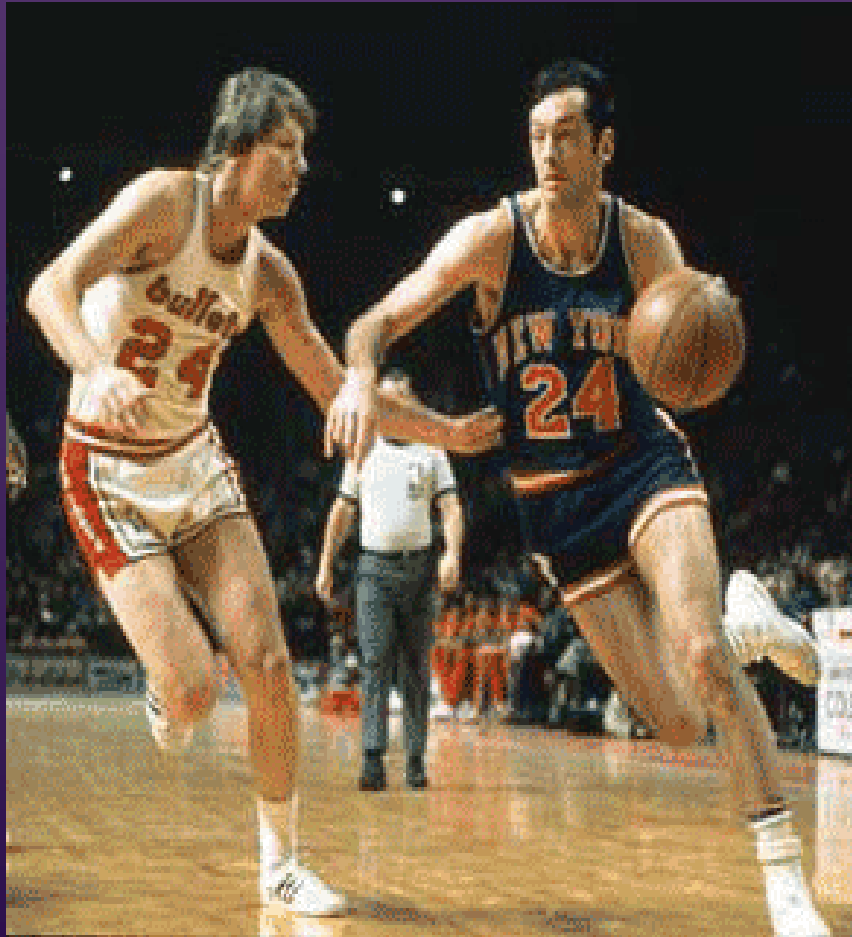


Bill Bradley



Bill Bradley, #24, plays for the New York Knicks.
Photo courtesy of the Basketball Hall of Fame.

Bill Bradley



Bill Bradley, #24, plays for the New York Knicks.
Photo courtesy of the Basketball Hall of Fame.



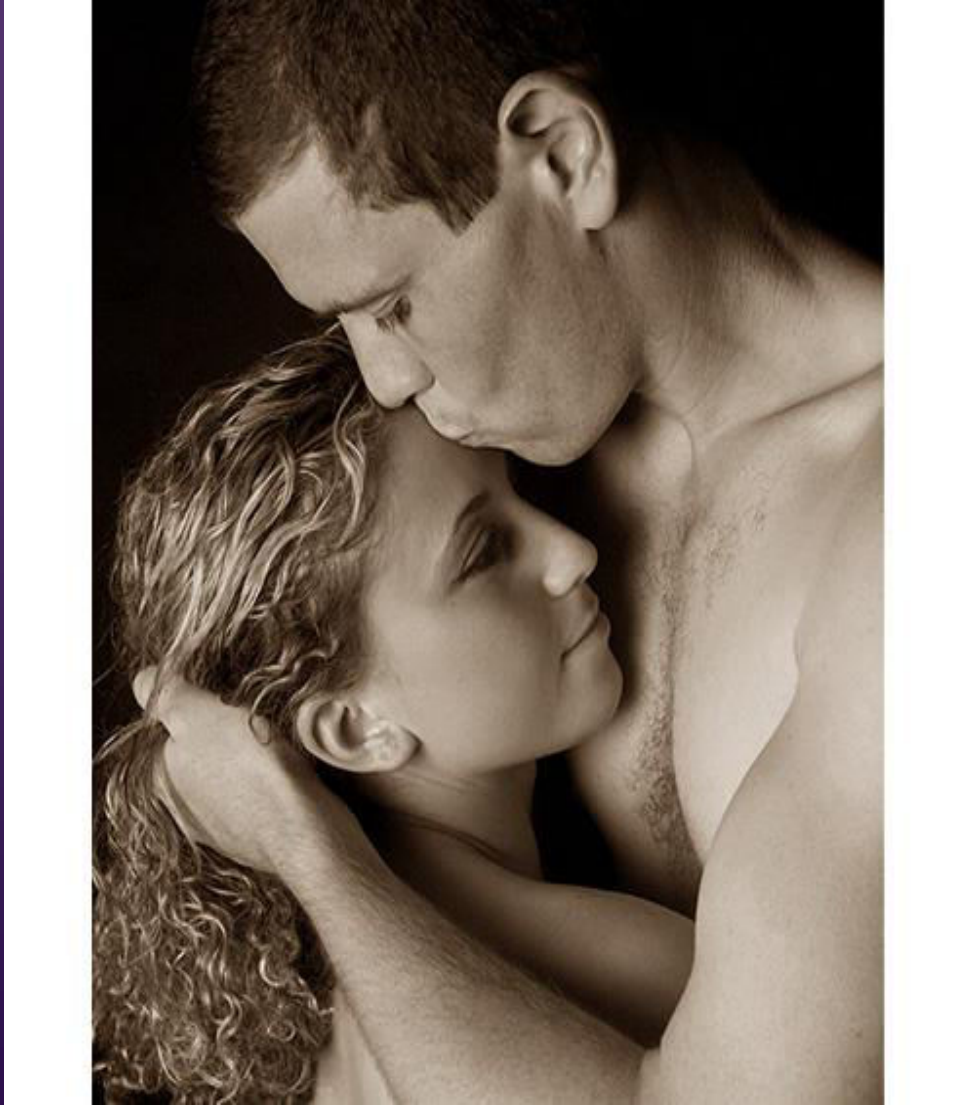
A background image for the quote section showing Stephen Curry in a blue Golden State Warriors jersey, captured in the middle of a jump shot. He is holding the basketball with both hands above his head.

There's more to life
than basketball.
The most
important thing is
your family and
taking care of each
other and loving
each other no
matter what.

Stephen Curry

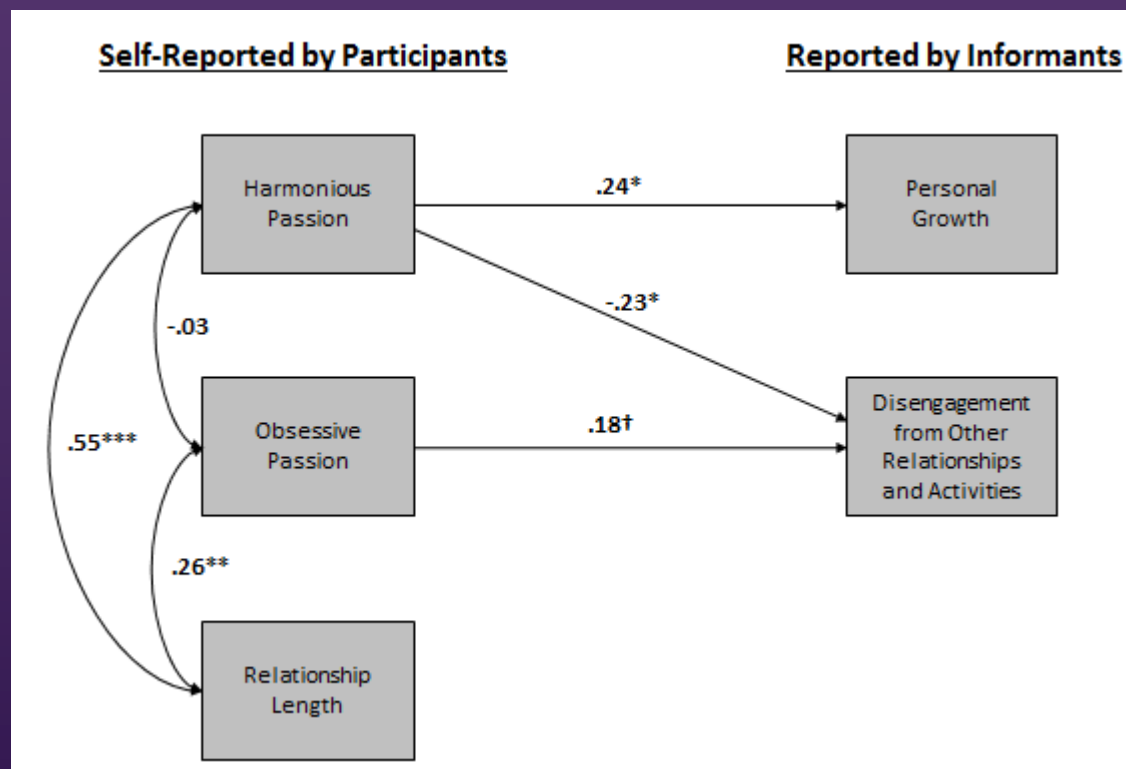
EverydayPowerBlog.com

Romantic Passion



Carbonneau & Vallerand (in press)

Carbonneau & Vallerand (in press, Study 3)





Canonical Correlations between Passion and the Optimal Functioning in Society Scale (n=160 nurses)

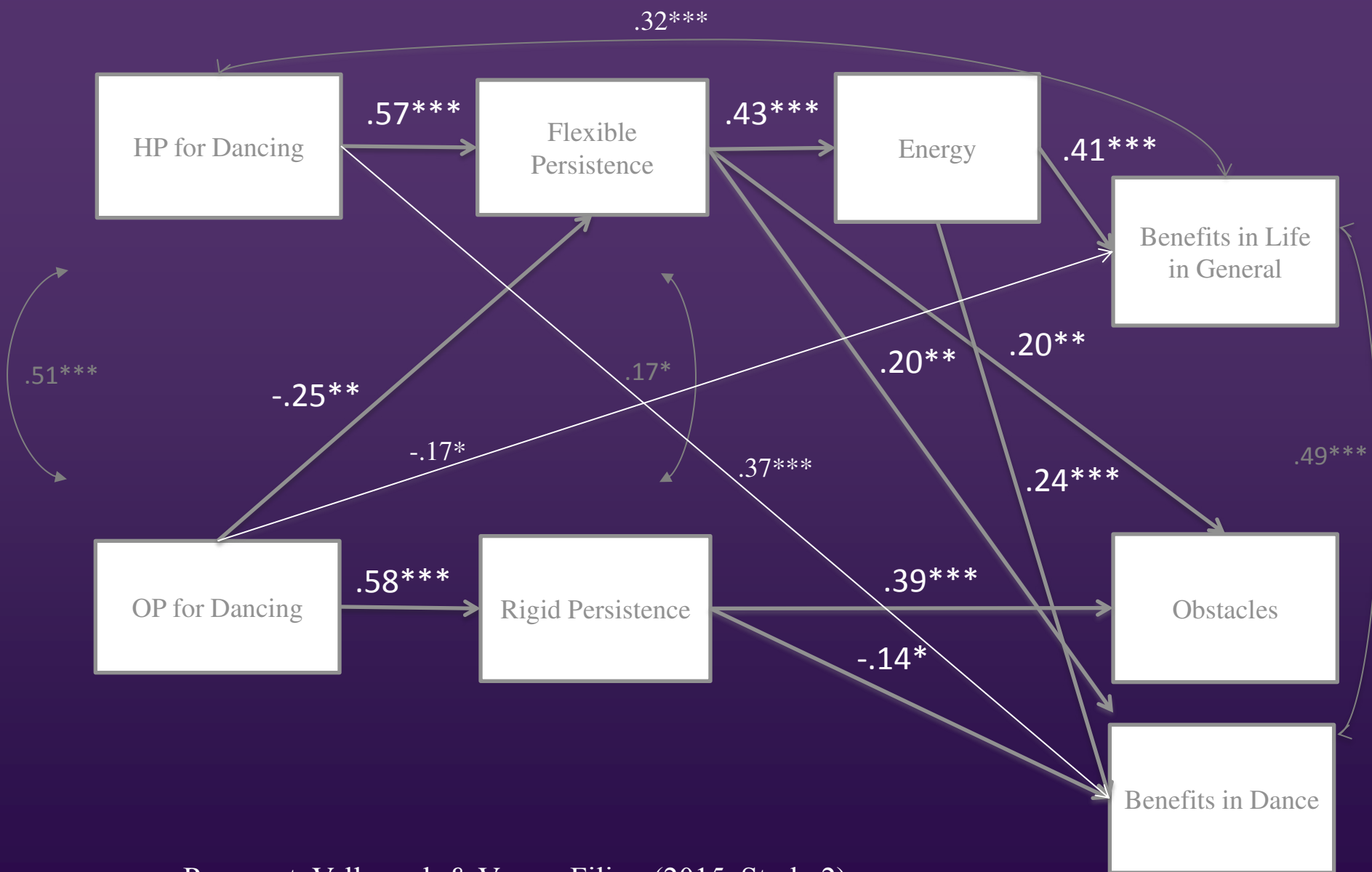
	Canonical Variates	
	1* HP = 0.99 OP = -.03	2* HP = -.02 OP = .99
Work Performance	.65	.32
Contribution to Society	.48	.61
Psychological Well-Being	.56	-.06
Physical Health	.84	-.49
Quality of Interpersonal Relationships	.37	-.39
% of variance	.25	.06

• p < .05

How Is Self-Growth vs Activity-Limited Growth Obtained?



)

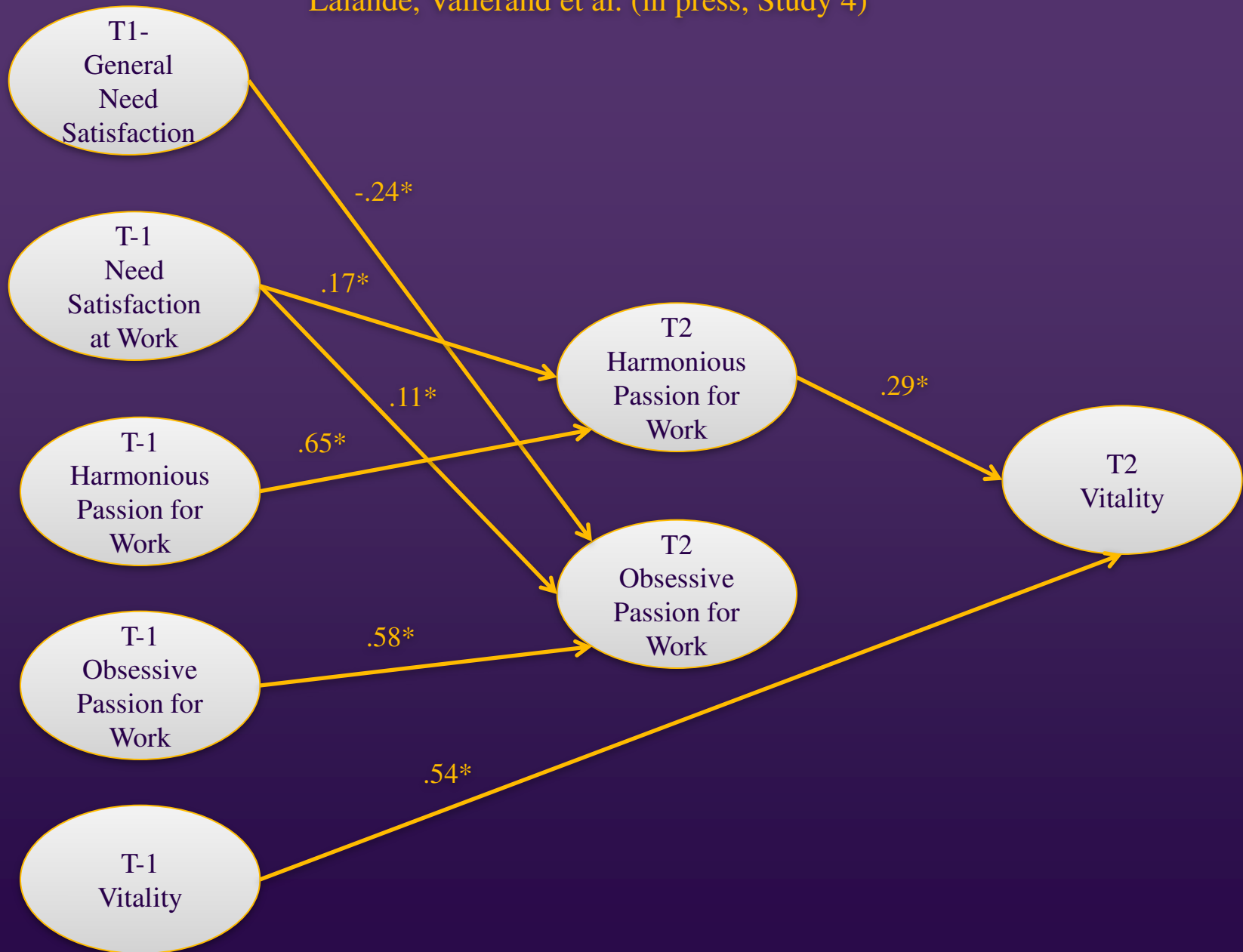


Rapaport, Vallerand, & Verner-Filion (2015, Study 2)

$\chi^2(df = 12) = 18.55, ns$; CFI = .98; IFI = .98; NFI = .96; RMSEA = .06 [.00, .011].

**Why is the Focus Strictly on
the Activity at the Expense of Self
With OP?**





*Passion and
Time Travelling*



The Psychology

of

TIME

Kurt Lewin (1951)

“the totality of the individual’s views of
his psychological future and
psychological past existing at a given
time” (p. 75).

Joseph Nuttin (1985)

“Future and past events have an impact on present behavior to the extent that they are actually present on the cognitive level of behavioral functioning” (p. 75).

POSITIVE PSYCHOLOGY

Present

- Mindfulness (Brown & Ryan, 2003)
- Savoring (Bryant, 2003)

Past

- Self-compassion (Neff, 2003)
- Resilience (Smith et al., 2008)

Future

- Optimism (Scheier & Carver, 1994)
- Hope (Snyder et al., 1991)

TIME PERSPECTIVES AND WELL-BEING

Zimbardo & Boyd (1999):

“People need all...(3 Time Perspectives) *harmoniously*

operating to realize fully their Human potential”

(p. 1285).

ZIMBARDO & BOYD (1999)

1.Past Negative: “I think about the bad things that have happened to me in the past”

1.Past positive: “It gives me pleasure to think about the past”

2.Present Hedonistic: “When listening to my favorite music, I often lose all track of time”

3.Present Fatalistic: “Often luck pays off better than hard work”

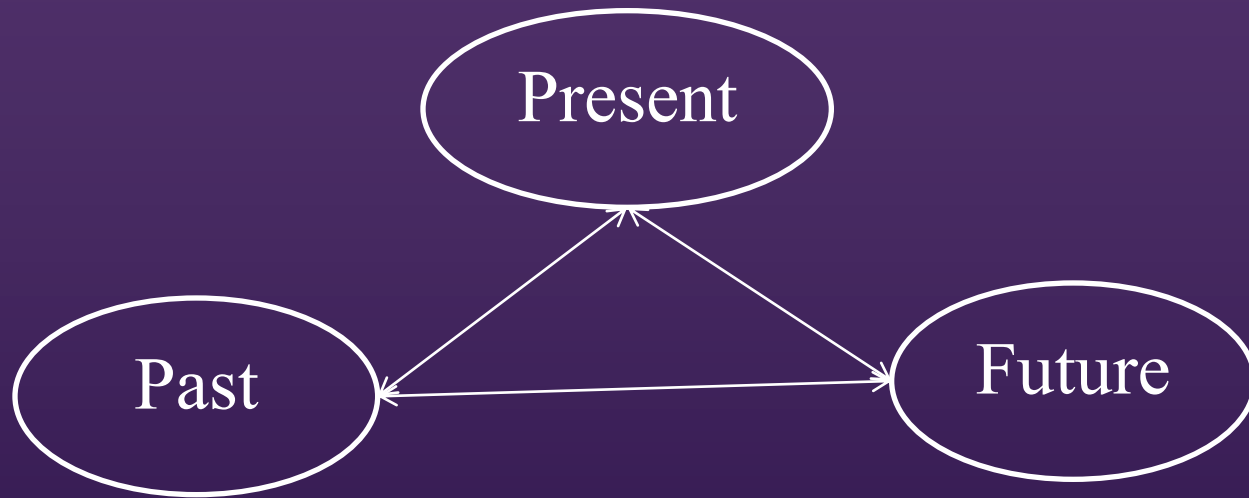
4.Future: “I complete projects on time by making steady progress”

TIME PERSPECTIVES AND WELL-BEING

- Boniwell & Zimbardo (2004) propose a Balanced Time Perspective: High Past Positive, Present Hedonistic, and Future , and Low Present Fatalistic and Past Negative
- Inconclusive results on Time balance and psychological well-being
- Little research on the determinants of Time Perspectives

*OPTIMAL FUNCTIONING IS ACHIEVED
THROUGH AN INTEGRATED TEMPORAL
POSITIVITY:*

- *By Being Fully Anchored in a Positive Present*
- *with a Positive and Resolved Past*
- *and an Optimistic Look at the Future*





*Passion and
Integrated Temporal
Positivity*



Study 1

Present Time and Well-Being

Table 1. Correlations between Well-Being and Perception of the Present

	Satisfaction	Well-being	Presence of meaning	Vitality
Mindfulness	.40**	.54**	.42**	.49**
Positive Savoring	.51**	.64**	.54**	.60**
Hedonistic Present	.12*	.10*	.07	.18**
Fatalist Present	-.11*	-.17**	-.17**	-.12*
Negative Savoring	-.42**	-.49**	-.42**	-.49**

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Past Time and Well-Being

Table 2. Correlations between Well-Being and Perception of the Past

	Satisfaction	Well-being	Presence of meaning	Vitality
Positive Past	.54**	.48**	.52**	.49**
Self-Compassion	.50**	.64**	.51**	.71**
Positive Reminiscence	.38**	.45**	.39**	.43**
Negative Past	-.45**	-.43**	-.36**	-.53**
Negative Reminiscence	-.22*	-.22*	-.28**	-.27**

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Future Time and Well-Being

Table 3. Correlations between Well-Being and Perception of the Future

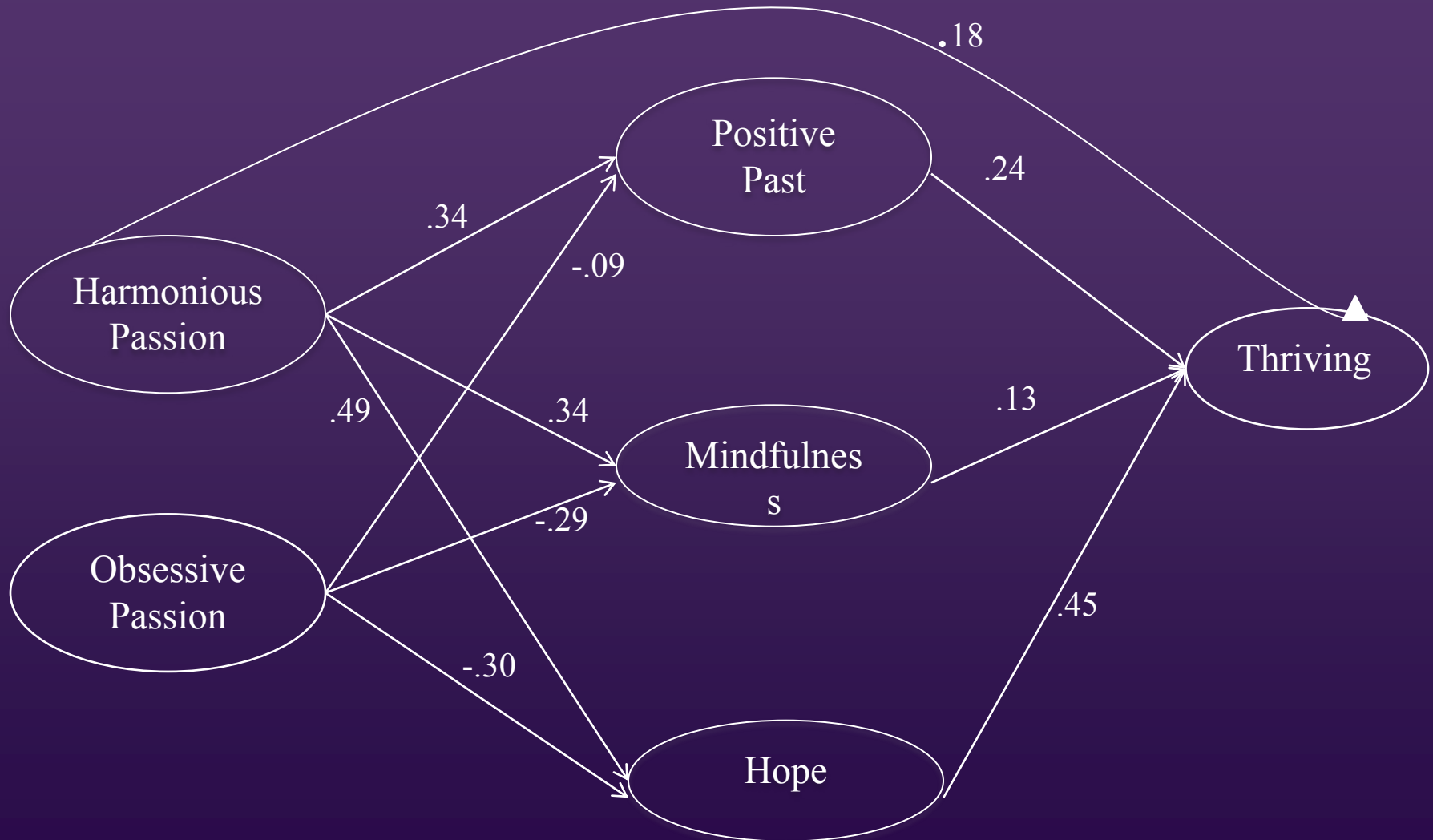
	Satisfaction	Well-being	Presence of meaning	Vitality
Hope	.65**	.75**	.61**	.76**
Future	.14	.27**	.30**	.16
Positive Anticipation	.47**	.56**	.53**	.57**
Optimism	.64**	.70**	.59**	.72**
Negative Anticipation	-.35**	-.35**	-.39**	-.36**

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

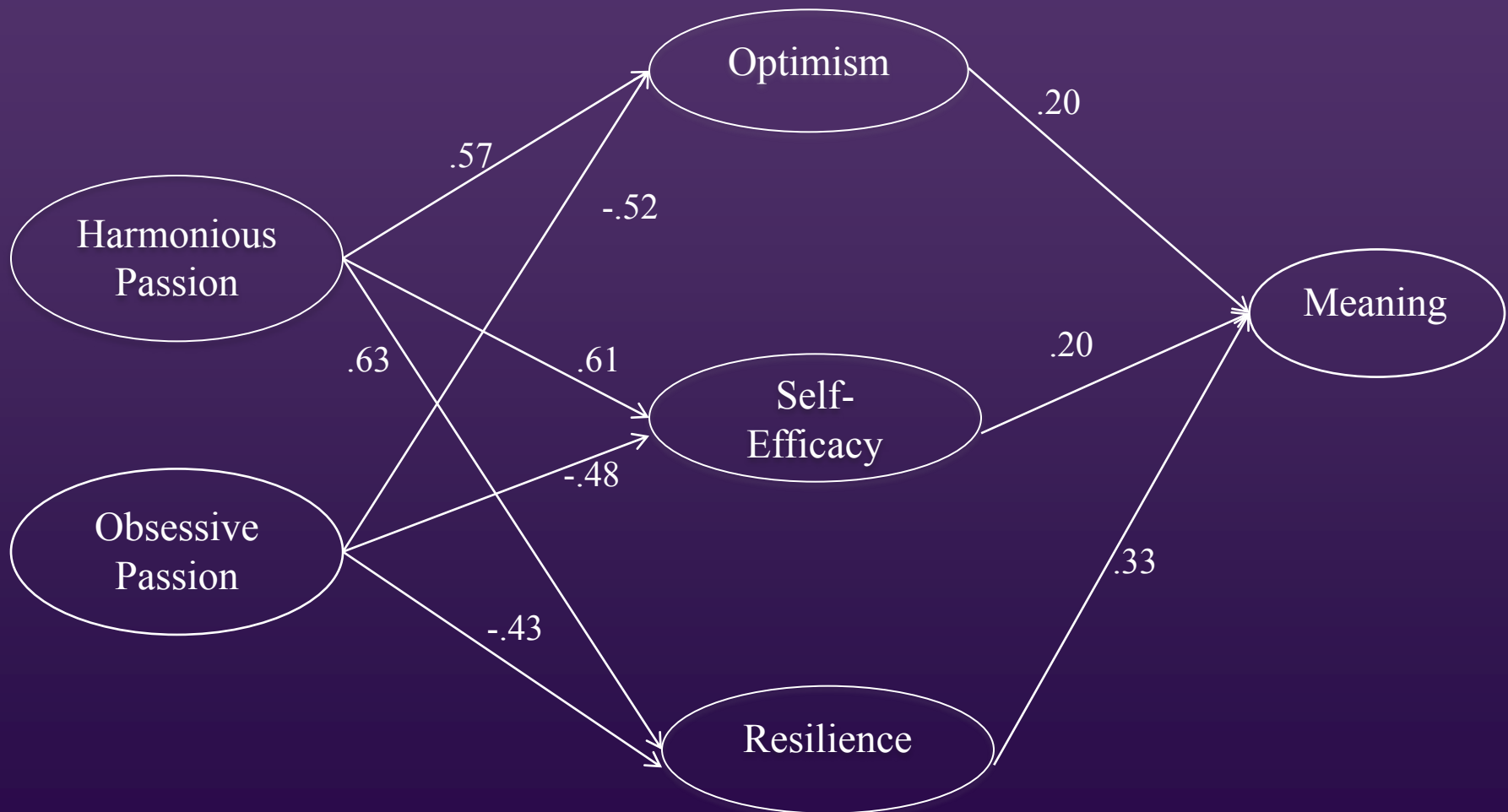
Study 2

Figure 1. SEM Model of Passion for Work, Time Perspectives and Well-Being (n=350 Ps)



Study 3

Figure 2. SEM Model of Passion for Work, Time Perspectives, and Meaning in Life (n=4,500 Ps)



Conclusions

- 1. All three time perspectives contribute to well-being*
- 2. The Positive outlook on time matters*
- 3. Harmonious Passion Predicts all three Positive Time Perspectives*

Study 4

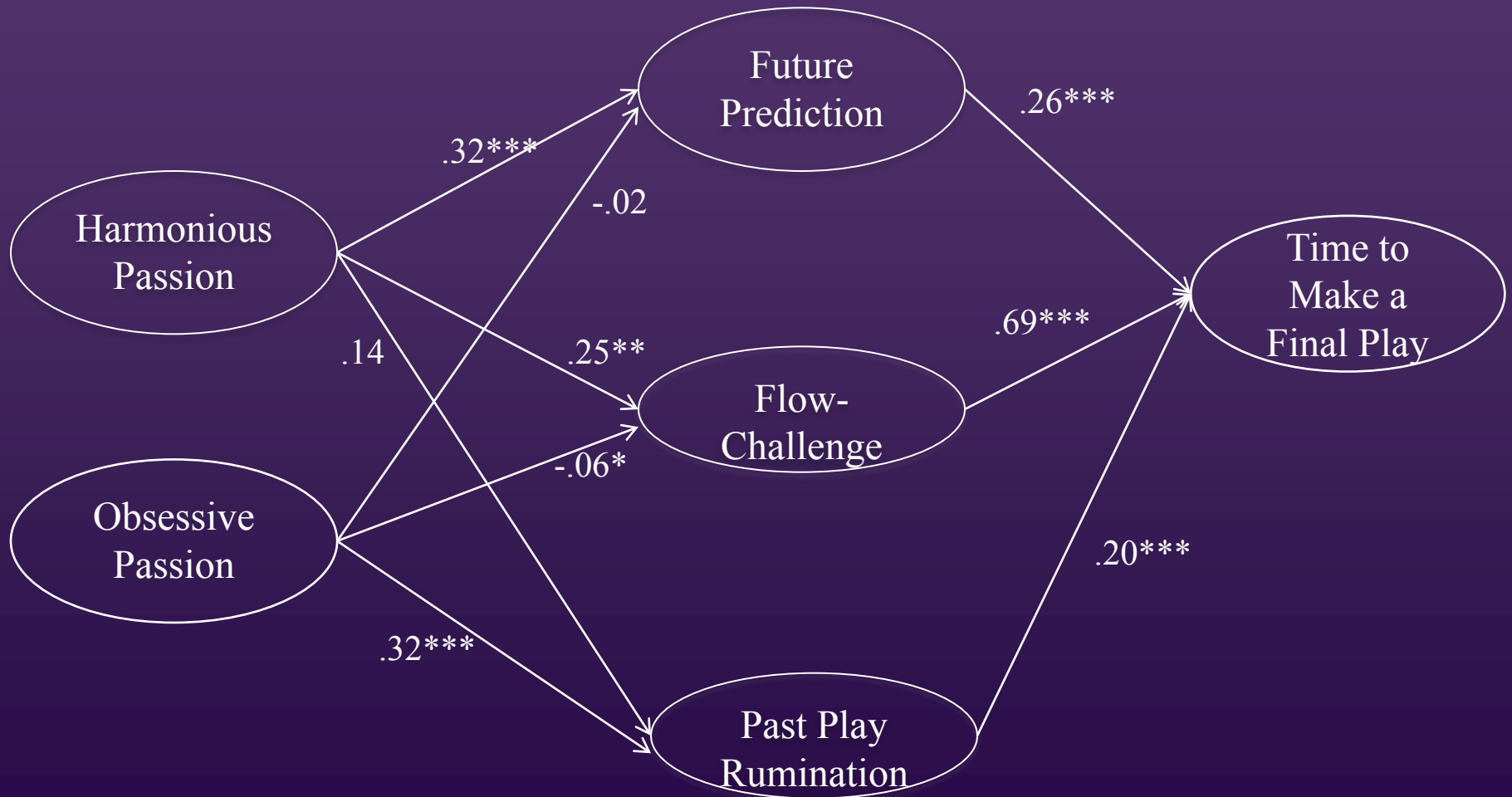
A Look at a Micro Moment of Integrated Temporal Positivity and Optimal Functioning







Figure 1. SEM Model with Passion for Sport, Temporal Perspectives, and Performance with Advanced Athletes (=280)





ON THE INITIAL DEVELOPMENT OF PASSION



A Three-Step Process

1. **Selection of the Activity: The Role of Culture, Family, and Self (Identity)**
2. **Activity Valuation-->Internalization in Identity**
3. **Conditions of Involvement (Style of Adults toward Children ->Type of Passion)**





AUTONOMY SUPPORT



SOCIAL DETERMINANTS OF PASSION

1. Autonomy support
2. Leadership
3. Clan vs Market Culture
4. Use of character strengths
5. Task Resources vs Task Demands

Conclusions

- 1. Self-Growth vs Activity-Limited Growth*
- 2. On Flexible vs Rigid Persistence*
- 3. On the OFIS construct*
- 4. The Importance of Need Satisfaction Outside the Activity*
- 5. The Positive outlook of all 3 Temporal Perspectives matters*
- 6. HP Positively Predicts ITP (but not OP)*
- 7. Facilitate HP in Oneself and Others Matters*

TAKE HOME MESSAGES

1. Try to cultivate HP for one activity
 - Take the activity seriously without taking yourself seriously
 - Include other fun activities in your life
2. Learn from setbacks, improve, and grow within the activity ... and outside of it!
3. Understand the functionality of OP



"Take
your
passion
and
make
it
happen "

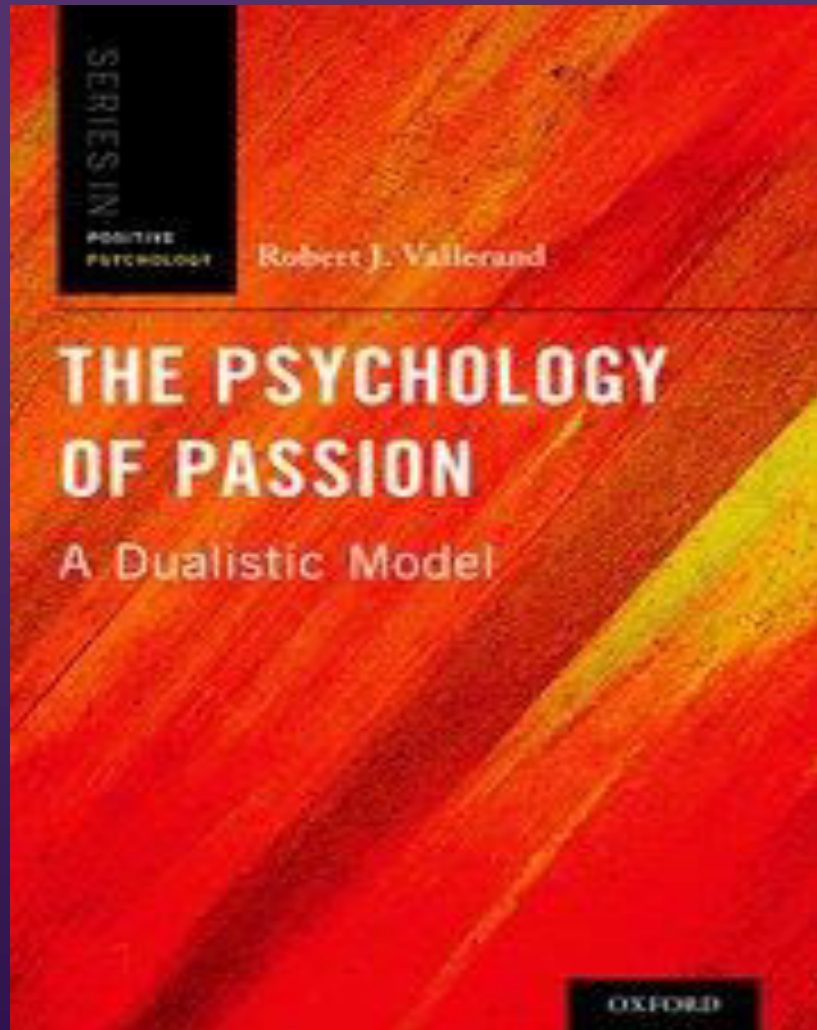
from What a Feeling.
Irene Cara
in Flashdance

... but harmoniously!

THANK YOU/MERCI !!

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

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WWW.LRCS.UQAM.CA



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