

Exploring Ways People Thrive During a Pandemic: Quantitative Measures

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Introduction and Objectives

Current research has focused on the factors that support people to thrive during typical life circumstances (Su et al., 2014), our research is an exploratory study on the internal and external factors that support people to thrive during a pandemic.

Research Questions:

- What psychological factors support people in thriving during a pandemic?
- What contextual factors support people in thriving during a pandemic?
- What learning, appreciation or growth have people identified during the pandemic that they hope to carry forward post COVID-19?

Methods

Participants: 205 adults filled out an online google form posted online through various online platforms. The research is a mixed-methods study and the form included demographic questions, 5 inventories, and 5 qualitative questions.

Measures:

Comprehensive Inventory of Thriving (CIT) (Sue et al., 2014)

- *Relationship* (relatedness/connectedness, feeling supported, respected, safety, belonging)
- *Engagement* (flow, being absorbed and excited in activities)
- *Mastery* (skills, learning, accomplishments, self-efficacy, self-worth)
- *Autonomy* (control of life)
- *Meaning* (purpose)
- *Optimism* (positive outlook)
- *Subjective Well-Being* (life satisfaction, positive/negative emotion)

Brief Resilience Scale (BRS) (Smith et al., 2008)

- Bouncing back after hard times or stressful events

Personal Growth Scale (PGIS) (Ryff & Keyes, 1995)

- Self-efficacy, assertiveness, internal locus of control

Inclusion of Nature in Self Scale (INS) (Schultz, 2002)

- Self-perception of connectedness between self and nature

Curiosity and Exploration Inventory-II (CEI-II) (Kashdan et al., 2009)

- *Stretching* (learning, efficacy, especially in new situations, looking for ways to improve)
- *Embracing* (Enjoying uncertainty, enjoying frightening or unpredictable things)

Demographics

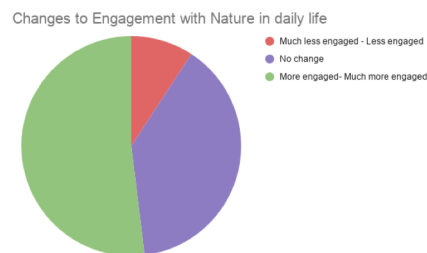
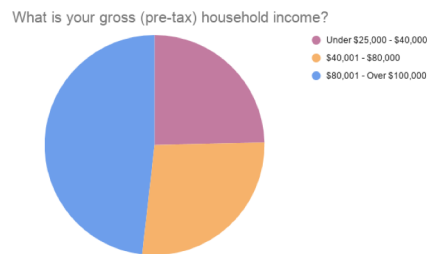
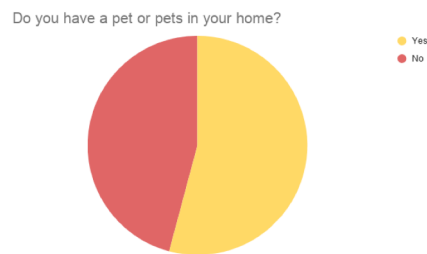
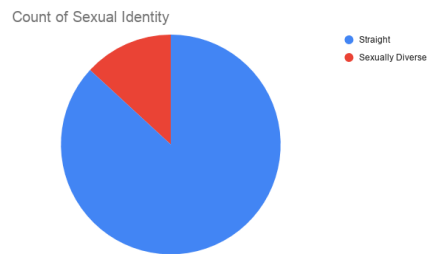
Gender: 163 Female, 38 Male, 4 Gender Diverse ($n = 205$)

Living Alone: 17% of the sample reported living alone

Employment:

Before: 74% were employed and 26% were unemployed

During: 63% were employed and 37% were unemployed



Results

Step-Wise Regressions on Thriving Factors:

Predictor Variables: Resilience, Nature Connectedness, Personal Growth, Stretching, Embracing, Income, Age, Pets

Subscale	Predictors	B	R ² Change
Relationship (19%)			
	Personal Growth	.26	.13
	Age	.18	.04
	Resilience	.17	.02
Engagement (23%)			
	Personal Growth	.25	.16
	Resilience	.24	.05
	Nature Connectedness	.15	.02
Mastery (67%)			
	Personal Growth	.64	.63
	Curiosity - Stretching	.18	.03
	Resilience	.14	.01
Autonomy (22%)			
	Personal Growth	-.47	.22
Meaning (56%)			
	Personal Growth	.75	.56
Optimism (60%)			
	Personal Growth	.62	.55
	Resilience	.26	.05
Subjective Well-Being (65%)			
	Personal Growth	.57	.50
	Resilience	-.44	.13
	Curiosity - Stretching	-.16	.02

$p < .05$

Conclusion

- Regardless of age and income, personal growth was the strongest predictor of variance for every aspect of thriving measured by the CIT.
- Resilience was the second strongest predictor for every dimension of thriving.
- Nature connectedness predicted the engagement dimension of the CIT.
- Curiosity-stretching predicted the mastery and subjective well-being dimensions of the CIT.
- Age was a significant predictor only of the relationship dimension of the CIT.
- The results are complemented by the responses to the qualitative questions. For example, although owning a pet did not significantly predict thriving, many participants indicated that their pet(s) provided comfort and eased loneliness during the pandemic.

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