THE ROLE OF GRIT AS A MEDIATOR IN THE RELATIONSHIP BETWEEN WISDOM AND PERMA WELL-BEING

*Research Survey*

## DEMOGRAPHIC INFORMATION

Participant Name: Date: Age: Gender:

Socio-Economic Status: Upper Middle Lower Area: Rural Urban

Education Level: High School Intermediate Under Graduate Other

**GENERAL INSTRUCTIONS:** This survey consists of three parts that measure different psychological traits. Please read each statement carefully and respond honestly. There are no right or wrong answers - we are interested in your genuine thoughts and feelings.

**Part 1:** Wisdom Assessment - 20 questions using a 5-point scale

**Part 2:** Grit Scale - 12 questions using a 5-point scale

**Part 3:** PERMA Well-being Assessment - 23 questions using a 0-10 scale

Please complete all sections and mark only one response per question. Thank you for your participation!

# PART 1: WISDOM ASSESSMENT

**Instructions:** Rate each statement on how much it describes you: 5=Very much like me, 4=Mostly like me, 3=Somewhat like me, 2=A little like me, 1=Not like me at all

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **W1.** I enjoy creating things that are new and different. | 5 | 4 | 3 | 2 | 1 |
| **W2.** I do not have many questions. | 5 | 4 | 3 | 2 | 1 |
| **W3.** I consider the positives and negatives of every option when 5 4 3 2 1 | | | | | |
| I am making a decision. |  |  |  |  |  |
| **W4.** If there is a chance to learn something new, I jump right in. | 5 | 4 | 3 | 2 | 1 |
| **W5.** Others tell me that I give good advice. | 5 | 4 | 3 | 2 | 1 |
| **W6.** I see myself as a very creative person. | 5 | 4 | 3 | 2 | 1 |
| **W7.** I am curious about how things work. | 5 | 4 | 3 | 2 | 1 |
| **W8.** I carefully think about the opinions of others before I make a decision. | 5 | 4 | 3 | 2 | 1 |
| **W9.** I get excited when I see there is something new to learn. | 5 | 4 | 3 | 2 | 1 |
| **W10.** My friends ask for my opinion before they make an important decision. | 5 | 4 | 3 | 2 | 1 |
| **W11.** I often figure out different ways of doing things. | 5 | 4 | 3 | 2 | 1 |
| **W12.** I frequently ask questions. | 5 | 4 | 3 | 2 | 1 |
| **W13.** I wait until I have all the facts before I make a decision. | 5 | 4 | 3 | 2 | 1 |
| **W14.** I love learning about how to do different things. | 5 | 4 | 3 | 2 | 1 |
| **W15.** People tell me that I am a wise person. | 5 | 4 | 3 | 2 | 1 |
| **W16.** I always like to do things in different ways. | 5 | 4 | 3 | 2 | 1 |
| **W17.** I am always full of questions. | 5 | 4 | 3 | 2 | 1 |
| **W18.** I think about all my choices before I make a decision. | 5 | 4 | 3 | 2 | 1 |
| **W19.** When I want to learn something, I try to find out everything 5 | | 4 | 3 | 2 | 1 |
| **W20.** I am able to solve problems in a way that is pleasing to 5 | | 4 | 3 | 2 | 1 |

about it. everyone.

# PART 2: GRIT SCALE

**Instructions:** Rate each statement: 5=Very much like me, 4=Mostly like me, 3=Somewhat like me, 2=Not much like me, 1=Not like me at all

**G1.** I have overcome setbacks to conquer an important challenge.

5 4 3 2 1

previous ones.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **G2.** New ideas and projects sometimes distract me from 5 | 4 | 3 | 2 | 1 |
| **G3.** My interests change from year to year. 5 | 4 | 3 | 2 | 1 |
| **G4.** Setbacks don't discourage me. I don't give up easily. 5 | 4 | 3 | 2 | 1 |
| **G5.** I often set a goal but later choose to pursue a different one. 5 | 4 | 3 | 2 | 1 |
| **G6.** I have difficulty maintaining my focus on projects that take 5 | 4 | 3 | 2 | 1 |
| **G7.** I finish whatever I begin. 5 | 4 | 3 | 2 | 1 |
| **G8.** I am a hard worker. 5 | 4 | 3 | 2 | 1 |
| **G9.** I am diligent. I never give up. 5 | 4 | 3 | 2 | 1 |
| **G10.** I have been obsessed with a certain idea or project for a 5 | 4 | 3 | 2 | 1 |
| **G11.** I work hard to achieve my goals. 5 | 4 | 3 | 2 | 1 |
| **G12.** I often find myself having difficulty sticking with long-term 5 | 4 | 3 | 2 | 1 |

more than a few months to complete.

short time but later lost interest.

commitments.

# PART 3: PERMA WELL-BEING ASSESSMENT

**Instructions:** Rate each question on a scale from 0 to 10, where the meaning of 0 and 10 varies by question block as indicated below.

**Response 0 1 2 3 4 5 6 7 8 9 10**

***0 = never, 10 = always***

progress towards accomplishing your goals? are doing?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PA1.** How much of the time do you feel you are making \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |
| **PE1.** How often do you become absorbed in what you \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |
| **PP1.** In general, how often do you feel joyful? \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |
| **PN1.** In general, how often do you feel anxious? \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |
| **PA2.** How often do you achieve the important goals you \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |

have set for yourself?

***0 = terrible, 10 = excellent***

**PH1.** In general, how would you say your health is? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = not at all, 10 = completely***

and meaningful life?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PM1.** In general, to what extent do you lead a purposeful \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |
| **PR1.** To what extent do you receive help and support \_0 | \_1 | \_2 | \_3 | \_4 | \_5 | \_6 | \_7 | \_8 | \_9 | \_10 |

from others when you need it?

**PM2.** In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

**PE2.** In general, to what extent do you feel excited and interested in things?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PLon.** How lonely do you feel in your daily life? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = not at all, 10 = completely***

**PH2.** How satisfied are you with your current physical health?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = never, 10 = always***

**PP2.** In general, how often do you feel positive? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PN2.** In general, how often do you feel angry? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PA3.** How often are you able to handle your responsibilities?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PN3.** In general, how often do you feel sad? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PE3.** How often do you lose track of time while doing something you enjoy?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = terrible, 10 = excellent***

**PH3.** Compared to others of your same age and sex, how is your health?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = not at all, 10 = completely***

**PR2.** To what extent do you feel loved? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PM3.** To what extent do you generally feel you have a sense of direction in your life?

**PR3.** How satisfied are you with your personal relationships?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PP3.** In general, to what extent do you feel contented? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

***0 = not at all, 10 = completely***

**Phap.** Taking all things together, how happy would you say you are?

\_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

## FOR RESEARCH USE ONLY - SCORING SUMMARY:

**WISDOM SCORES:** Total: /100 | Creativity: /20 | Curiosity: /40 | Judgment: /20 | Social /20

**GRIT SCORES:** Total: /60 | Consistency of Interest: /30 | Perseverance of Effort /30

*Reverse score items G2, G3, G5, G6, G10, G12 for Grit calculations*

**PERMA SCORES:** P (Positive): | E (Engagement): | R (Relationships): | M (Meaning):

| A (Achievement): | Health: | Negative Emotions: | Loneliness: | Overall Happiness:

*Thank you for participating in this comprehensive well-being research study.*