

Mediating effect of growth mindset and grit between human rights victimization and self-esteem

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인권피해와 자아존중감과의 관계에서 성장 마인드셋과 그릿의 매개효과

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Abstract Our current study aimed to verify the mediating effect of growth mindset and grit in the relationship between human rights victimization and self-esteem. The survey was conducted on 233 college students. Reliability analysis, correlation analysis, and Macro Process were performed, and bootstrap method was used to verify the mediating effect of growth mindset and grit. The results were as follows. First, human right victimization were significantly and negatively correlated with self-esteem, growth mindset, and grit while self-esteem were significantly and positively correlated with growth mindset, and grit. Second, as a result of path analysis, the human rights victimization had a significant negative impact on self-esteem, growth mindset and grit. On the other hand, growth mindset and grit had a significant positive effect on self-esteem. Third, growth mindset and grit had a mediating effect in the relationship between human right victimization and self-esteem. This implied that self-esteem of college students can be increased by increasing their growth mindset and grit. Future research is needed to clarify the role of human rights research and growth mindset and self - esteem in college students.

Key Words : Human rights victimization, Self-esteem, Growth mindset, Grit, Mediating effect, Macro process

요 약 본 연구는 인권피해와 자아존중감의 관계에서 성장 마인드셋과 그릿의 매개효과를 검증하는데 목적이 있다. 자료는 임의표집한 대학생 233명을 대상으로 설문으로 수집하였으며, 자료 분석을 위하여 신뢰도 분석, 상관 분석 및 Macro Process를 수행하였고, 성장 마인드셋과 그릿의 매개효과를 검증하기 위하여 부트스트랩 방법을 사용하였다. 연구결과는 다음과 같다. 첫째, 인권피해는 자아존중감, 성장 마인드셋, 그릿과 유의미한 부적 상관관계가 있는 반면, 자아존중감은 성장 마인드셋 및 그릿과 정적 상관관계가 있었다. 둘째, Macro Process를 이용한 경로분석 결과 인권피해는 자아존중감, 성장 마인드셋 및 그릿에 부적 영향을 미쳤다. 반면에 성장 마인드셋과 그릿은 자아존중감에 정적인 영향을 미쳤다. 셋째, 성장 마인드셋과 그릿은 인권피해와 자아존중감과의 관계에서 매개효과가 있었다. 이러한 결과는 인권 피해를 당한 대학생들의 자아존중감이 성장 마인드셋과 그릿을 증가시킴으로써 향상될 수 있음을 시사하였다.

주제어 : 인권피해, 자아존중감, 성장 마인드셋, 그릿, 매개효과, Macro 분석

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1. Introduction

Human rights create a protective zone around persons and allow them the opportunity to further their own value personal projects without interference from others. Human rights victimization is an important factor in the development of several psychiatric disorders in both childhood and adulthood. The effects of human rights victimization on the development of self-esteem in children and adolescents have received the most attention with respect to child maltreatment and sexual victimization (Heather et al., 2010)[1].

Several studies have found that children who are being victimize have low self-esteem (Finkelhor et al., 2007; Finkelhor, & Ormrod, 2006)[2,3]. It is view that parents or caregivers who reject their adolescents had both a direct and indirect effect on depression through low self-esteem (Baumaister et al., 1996)[4]. Many violent episodes involve a substantial element of risk, and a favorable self-appraisal might furnish the requisite confidence to take such a chance. In plain terms, egotists might be more likely to assume that they will win a fight and so they will be more likely to start it. As compare with other cultures and other historical eras modern American has been unusually fund on the notion that elevating the self-esteem of everyone will be best for the society (Baumaister et al., 1996)[4].

Infusing a human rights framework into bullying prevention efforts can remedy much of the commonly encountered practical and theoretical obstacles to the effective implementation of such efforts (Greene, 2006)[5]. In addition, individuals with high explicit disposition self-esteem react to mortality salience much like they react to other poignant self-threats with increased promotion focused zeal in domains unrelated to the threat (Ian et al., 2007)[6].

Consistent with these ideas, resilience acts as a partial mediator between growth mindset, psychological well-being and school engagement, implying that

resilience might be the key factor in reading the objective of positive education, not only to enhance the well-being of students but also their academic achievements (Dweck et al., 1995; Dweck, 2006)[7,8]. The growth mindset promotes resilience while fixed mindset does not, (Dweck et al., 1995; Dweck, 2006)[7,8]. Similarly, students with growth mindset tend to think of their academic lives in terms of learning, growing, and developing (Huang et al., 2016)[9]. In addition, growth mindset reliably predicts achievements across a national sample of students, including virtually all the schools and socio-economic strata in Chile (Susana et al., 2016)[10]. More also, growth mindset is moderately correlated with overall well-being (Kern et al., 2015)[11].

Also, there is the need to understand the dynamic, interdependent relationship between growth mindset and grit. Grit maybe particularly important for secondary school students since research suggests that pursuing long-term goals, especially those related to academic work, can be particularly challenging for many adolescents (Romer et al., 2010)[12]. Grit is a psychological strength involving the pursuit of long-term goals with perseverance and passion (Duckworth et al., 2007)[13]. Grit is made up of two components, perseverance of effort in the ability to sustain effort in the face of adversity and, consistency of interests, which refers to stability of interests over a period (Duckworth et al., 2007)[13]. Compelling research indicated that grit is associated with positive academic outcomes. It is a significant predictor of academic success when measured by final grades (Duckworth & Selignam, 2005)[14]. These previous studies suggest that these variables have a higher mediating or moderating role than causal variables. Therefore, it is very necessary to explore whether these variables will play a mediating role in promoting self-esteem of college students with high human rights victimization.

On the other hand, research on human rights

victimization targeting college students is rare in Korea. However, it is expected that there will be a lot of human rights victimization due to employment, seniority, and social conflict in the university. Therefore, it is necessary to understand the impact of human rights victimization and self-esteem on 4-year college students.

On a whole, based on the cited researchers human rights victimization has an influence on self-esteem. Our current study aimed to test the mediating effects of growth mindset and grit in the relationship between human rights victimization and self-esteem. Therefore, this study tried to answer the question of: Does growth mindset and grit mediate in the relationship between human rights victimization and self-esteem?

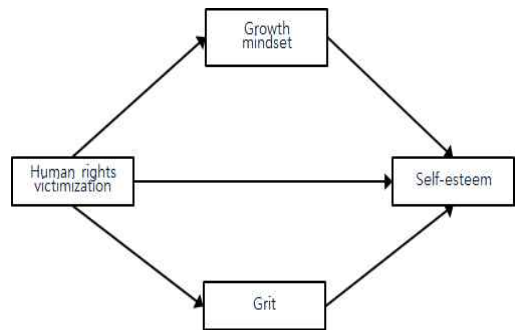
2. Methods

2.1 Research model

The research model for this study is shown in [Fig. 1] Based on previous research studies, the following research model was proposed: human rights victimization would negatively predict self-esteem, growth mindset, and grit while growth mindset, and grit would positively predict self-esteem.

2.2 Participants

A total of 233 university students who took part in this survey were selected through purposive sampling. Their universities were in Seosan city, Chungcheongnam Province and in Mupo city, Jeonnam Province in South Korea. Of these students, 149 (63.9%) were females and 84 (36.1%) were males. Their mean age was 22.6 years (range, 19 to 30 years). Of these 233 students, 106 (45.5%) lived in metropolitan city, 88 (37.8%) lived in urban city, and the rest 39 (16.7%) lived in rural area.



[Fig. 1] Research model

2.3 Research tools

2.3.1 Human rights victimization

The scale developed by National Human Rights Commission (2014)[15] was used. The original scale had 25 questions about victimization and discrimination. Of these 25 questions, 15 items suitable for college students were used in this study. Each question was measured in a 5-point Likert scale. Higher scores indicate higher human rights victimization. In this study, the reliability of human rights victimization scale used was high with Cronbach's α value of 0.935.

2.3.2 Growth mindset

The growth mindset scale developed by Dweck (2008) and translated by the researcher was used. The scale consists of 20 items graded on a 5-point Likert scale. The higher the score, the higher the growth mindset. Cronbach's α value of reliability in the growth mindset was 0.798.

2.3.3 Grit

The grit (Grit-O) scale developed by Duckworth & Quinn (2009)[16] and translated by the researcher was used in this study. The sub-areas for this scale include consistency of interest and persistence of effort. The scale consists of 12 questions in total. The measurements are recorded on a 5-point Likert scale, and the higher the score, the higher the level of grit. Cronbach's α value for grit reliability was 0.835.

2.3.4 Self-esteem

To measure self-esteem, the scale developed by Rosenberg (1965)[17] was used in this study. The scale consisted of 10 items, positive or negative. Each item was measured with a 5-point Likert scale. Higher scores indicate greater self-esteem. The reliability of self-esteem scale used in this study was good with Cronbach's α value of 0.854.

2.4 Data analysis

SPSS PC + and SPSS macro PROCESS proposed by Hayes (2013)[18] were used for data analysis. Frequency analysis, reliability analysis, and path analysis were performed. Bootstrap method was used to determine the mediating effect.

3. Results

3.1 Basic analysis & Correlation of main variables

<Table 1> showed descriptive statistics and correlation analysis. Human right victimization is negatively correlated with growth mindset, grit, and self-esteem. But self-esteem also showed a significant positive correlation with growth mindset and grit. Here, the highest significant correlation was on human rights victimization to self-esteem ($r = -0.452, p < 0.01$).

Self-esteem had the highest average (mean=3.4773) while human rights victimization showed the least mean of 2.0616.

<Table 1> Descriptive statistics & Correlation analysis

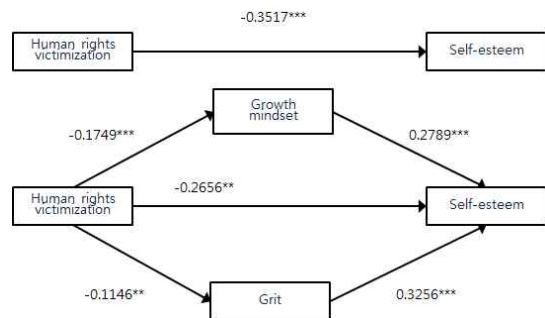
	1	2	3	M	SD
1.Grit	1			3.1398	0.49678
2.Self-esteem	.404**	1		3.4773	0.57224
3.Growth mindset	.223**	.423**	1	3.3385	0.58597
4.Human rights victimization	-.170**	-.452**	-.219**	2.0616	0.73486

**p<.01

3.2 Mediating effects of growth mindset and grit

As a result of analysis of each path coefficient, human rights victimization had a significant negative impact on growth mindset ($\beta = -0.1749, p < .001$), self-esteem ($\beta = -.2656, p < .01$), and grit ($\beta = -0.1146, p < .01$). On the other hand, growth mindset ($\beta = 0.2789, p < .001$) and grit ($\beta = 0.3256, p < .001$) had a significant positive effect on self-esteem.

The total effect of the path from human rights victimization to self-esteem was $\beta = -0.3517 (p < .001)$, but the direct effect of the path from human rights victimization to self-esteem decreased to $\beta = -0.2656 (p > .01)$ when growth mindset and grit were put into as mediating variables. This means that growth mindset and grit mediated in the relationship between human rights victimization and self-esteem.



[Fig. 2] Path analysis

3.3 Verification of mediating effect

<Table 2> showed the result of the bootstrap analysis. The indirect effect of growth mindset is -0.0488 , which is within the interval from -0.0952 to -0.0174 under 95% confidence level in 5,000 corrected bootstrap samples, and is significant because it does not include 0 within this interval. And the indirect effect of grit, -0.0373 , is within the interval from -0.0777 to -0.0110 under 95% confidence level in 5,000 corrected bootstrap samples, and is significant because it does not include 0 within this interval. Therefore,

indirect effects were all significant.

On the other hand, the difference in indirect effect between growth mindset and grit was not significant.

<Table 2> Indirect effect of human rights victimization on self-esteem

	Effect	Boot SE	BootLLCI	BootULCI
Total	-.0861	.0235	-.1362	-.0439
Growth mindset	-.0488	.0200	-.0952	-.0174
Grit	-.0373	.0171	-.0777	-.0110
(CI): Growth mindset minus Grit	-.0115	.0288	-.0682	.0449

4. Discussion and Conclusion

This study was conducted to test the mediating effect of growth mindset and grit in the relationship between human rights victimization and self-esteem. The discussion based on the results of this study are as follows.

As a results of correlation analysis, all variables of human rights victimization, growth mindset, grit and self-esteem are significant. Human rights victimization is negatively correlated with growth mindset, grit and self-esteem. On the other hand, two mediating variables such as growth mindset and grit are positively correlated with self-esteem of dependent variable for the study. These findings are partly consistent with the results of a positive correlation between grit and self-esteem of adolescents and adults (Lee, 2015)[19]. Thus this means that growth mindset and grit will increase self-esteem even though it is damaged by human rights victimization. Therefore, it is necessary to develop a program that not only directly promotes self-esteem but also indirectly growth mindset and grit.

Path analysis shows that human rights victimization had a significant negative impact on growth mindset,

self-esteem and grit. On the other hand, growth mindset and grit positively affect self-esteem. These results are supported by previous researches that students with growth mindset and grit shows incremental level of learning than highly victimized students with fixed mindset and no hope (Blackwell et al, 2007)[20]. Our research is also partly supported by the result that growth mindset contributes to self-regulation (Burnette et al., 2013)[21].

With respect to mediating effects of growth mindset and grit, the results showed that growth mindset and grit play a mediating role in the relationship between human rights victimization and self-esteem of students. These results are supported by the study (Lee, 2016)[22] that the growth mindset is mediated by the relationship between parenting stress of parents and well-being of children.

These results imply that college students experience impairment of self-esteem by experiencing human rights violations, but they can reduce impairment of self-esteem if their growth mindset and grit is high. Therefore, it will be very meaningful to promote growth mindset and grit in addition to self-esteem. In addition, a variety of ways to promote growth mindset and grit should be sought in subsequent studies.

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