

# Implicit Theories of Interest: Finding or Developing Your Passion

Simran Kaur Rajput and Darshana Masram

Student, BCCA

Dr. Ambedkar Institute of Management Studies and Research, Nagpur, India

**Abstract:** *People are frequently told to discover their passion, as if passions and interests are predetermined and must simply be discovered. However, this concept has hidden motivational implications. Five studies investigated implicit theories of interest—the idea that personal interests are either fixed (fixed theory) or developed (developed theory) (growth theory). A fixed theory, whether assessed or experimentally induced, was more likely to dampen interest in areas outside of people’s existing interests (study 1-3). Individuals who supported a fixed theory were also more likely to anticipating potential difficulties to pursue a new interest, people induced to hold a fixed rather than a growth theory of interest lost interest significantly more. (Study 5) urging people to discover their passion may lead to them putting all their eggs in one basket, only to drop that basket when it becomes too heavy to carry.*

**Keywords:** Motivation, Social Cognition, Interest, Passion, Implicit Self-Theories, Open Data, Open Materials, and Preregistration

## REFERENCES

- [1]. Beer J. S. (2002). Implicit self-theories of shyness. *Journal of Personality and Social Psychology*, 83, 1009–1024. [PubMed] [Google Scholar]
- [2]. Begelman M. C. (2003). Evidence for black holes. *Science*, 300, 1898–1903. [PubMed] [Google Scholar]
- [3]. Chen P., Ellsworth P. C., Schwarz N. (2015). Finding a fit or developing it: Implicit theories about achieving passion for work. *Personality and Social Psychology Bulletin*, 41, 1411–1424. [PubMed] [Google Scholar]
- [4]. Dweck C. S. (1999). *Self-theories: Their role in motivation, personality, and development*. New York, NY: Psychology Press. [Google Scholar]
- [5]. Dweck C. S., Chiu C. Y., Hong Y. Y. (1995). Implicit theories and their role in judgments and reactions: A word from two perspectives. *Psychological Inquiry*, 6, 267–285. [Google Scholar]
- [6]. Erdley C. A., Dweck C. S. (1993). Children’s implicit personality theories as predictors of their social judgments. *Child Development*, 64, 863–878. [PubMed] [Google Scholar]
- [7]. Frank T. (2016, January 15). Stop trying to find your passion. Retrieved from <https://collegeinfo geek.com/stop-trying-to-find-your-passion/> Gosling S. D., Renfrow P. J., Swann W. B., Jr. (2003). A very brief measure of the Big-Five personality domains. *Journal of Research in Personality*, 37, 504–528. [Google Scholar]
- [8]. Hidi S., Renninger K. A. (2006). The four-phase model of interest development. *Educational Psychologist*, 41, 111–127. [Google Scholar]
- [9]. Hornby G. S., Kurtoglu T. (2009). Toward a smarter Web. *Science*, 325, 277–278. Doi: 10.1126/science.1174400 [PubMed] [CrossRef] [Google Scholar]
- [10]. Jha A., Hill M., Boyd P. (2013, September 19). Stephen Hawking’s big ideas . . . made simple. *The Guardian*. Retrieved from <http://www.theguardian.com/news/video/2013/sep/19/stephen-hawking-history-time-simple-video>
- [11]. Job V., Dweck C. S., Walton G. M. (2010). Ego depletion—Is it all in your head? Implicit theories about willpower affect self-regulation. *Psychological Science*, 21, 1686–1693. [PubMed] [Google Scholar]
- [12]. Klein R. (2010). The future of literary criticism. *Proceedings of the Modern Language Association*, 125, 920–923. [Google Scholar]

- [13]. Knee C. R. (1998). Implicit theories of relationships: Assessment and prediction of romantic relationship initiation, coping, and longevity. *Journal of Personality and Social Psychology*, 74, 360–370. [Google Scholar]
- [14]. Knee C. R., Patrick H., Vietor N. A., Nanayakkara A., Neighbors C. (2002). Self-determination as growth motivation in romantic relationships. *Personality and Social Psychology Bulletin*, 28, 609–619. [Google Scholar]
- [15]. Knee C. R., Petty K. N. (2013). Implicit theories of relationships: Destiny and growth beliefs. In Simpson J., Campbell L. (Eds.), *The Oxford handbook of close relationships* (pp. 183–198). New York, NY: Oxford University Press. [Google Scholar]
- [16]. Linnenbrink-Garcia L., Durik A. M., Conley A. M., Barron K. E., Tauer J. M., Karabenick S. A., Harackiewicz J. M. (2010). Measuring situational interest in academic domains. *Educational and Psychological Measurement*, 70, 647–671. [Google Scholar]
- [17]. Markus H. R., Kitayama S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review*, 98, 224–253. [Google Scholar]
- [18]. O’Keefe P. A. (2013). Mindsets and self-evaluation: How beliefs about intelligence can create a preference for growth over defensiveness. In Kaufman S. B. (Ed.), *The complexity of greatness: Beyond talent or practice* (pp. 119–134). Oxford, England: Oxford University Press. doi: 10.1093/acprof:oso/9780199794003.003.0008 [CrossRef] [Google Scholar]
- [19]. O’Keefe P. A., Harackiewicz J. M. (Eds.). (2017). *The science of interest*. New York, NY: Springer. [Google Scholar]