

Passion and Flow as Predictor of Subjective Well-being: Testing Flow as Mediating Variable of Passion and Subjective Well-being on Creative Worker in Creative Industry

David Irianto, S.Sn.
P. Tommy Yudha S. Suyasa, M.Si., Psikolog
Dra. Ninawati, M.M.
Universitas Tarumanagara

Abstract

The creative industry development has created various new kind of job for creative individuals. Csikszentmihalyi (1975) founds that these creative individuals can work optimally in the condition of flow, a holistic sensation when a person becomes fully engage in an activity. Carpentier, Mageau, dan Vallerand (2012) then stated that flow is mediating the relationship between passion and subjective well-being. The choice of passion, either harmonious or obsessive, will have consequence whether flow being experienced or not, that resulting whether happiness being achieved or not. But Carpentier, Mageau, and Vallerand (2012) research was not explain flow with its full aspects, only autotelic experience being measured. With 88 graphic designers who work in creative industry as sample, this reseach will test the mediating function of the nine dimentions flow. The objective of the sample selection is to have a likely homogenous sample in terms of activity variation and cognitive skill used to perform the activity. The linear regression shows that in its full dimentions, flow is not mediating the relation of passion and subjective well-being, although both flow and harmonious passion can predict subjective well-being pretty well. But, indeed the measurement on each dimention of flow shows that only autotelic experience functions as mediating variable of harmonious passion and subjective well-being. The conclusion are, the experience of flow is not related with the individual choice of passion, though both flow and harmonious passion can lead to happiness. The exception is individual with obsessive passion whose happiness is unpredictable.

Keyword: Flow, passion, harmonious passion, obsessive passion, subjective well-being, mediator, controlled, autonomous, creative, activity, happiness.