

From Positive Emotions to Flourishing: Examining the Role of Personal and Social Resources in a Two-Wave Longitudinal Study

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Flourishing refers to a multidimensional phenomenon reflecting feeling good and functioning effectively, which is synonymous for high levels of well-being. Understanding the antecedents and outcomes of flourishing is important because the existing literature demonstrates that high well-being is not only an indicator of a good life, but also an important prerequisite of future beneficial life outcomes. Building upon the broaden-and-build theory of positive emotions, the main aim of the present study was to examine the role of personal and social resources in the relationship between positive emotions and flourishing. In order to reach this goal, we conducted a two-wave longitudinal study among 921 adults (age range 18-78 years; average age $M=37.39$, $SD=11.76$; $N_{\text{male}}=159$, $N_{\text{female}}=762$), within a research project the Croatian Longitudinal Study of Well-Being (CRO-WELL). At Time 1, we assessed positive emotions, flourishing, personality traits, and living conditions. One year after, at Time 2, we again assessed flourishing, and personal (proactive personality), and social resources (the availability of social support). We hypothesized that personal and social resources will have indirect-mediation effects between positive emotions at Time 1, and flourishing reports at Time 2. The results of our two-wave longitudinal study provided partial support for the hypothesized research model: When people reported high levels of positive emotions at Time 1, they also reported high levels of social support one year after. This, in turn, led to high reports of flourishing at Time 2, even after controlling for personality traits, flourishing one year before, and living conditions. However, proactive personality did not show significant mediation effect; rather the analyses revealed it had a strong positive direct effect on flourishing. In line with the broaden-and-build theory, these findings suggest that positive emotions can foster accumulation of social resources in the longer run, and that these resources can further enhance individual's overall flourishing.