



Article

# Crisis Experience and Purpose in Life in Men and Women: The Mediating Effect of Gratitude and Fear of COVID-19

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**Abstract:** Aim: This study investigated whether gratitude and fear of COVID-19 mediated the relationship between crisis experience during the pandemic and purpose in life in men and women. Methods: Six hundred and five participants aged between 18 and 60 years ( $M = 25.6$ ;  $SD = 8.39$ ) completed the Gratitude, Resentment, and Appreciation Scale—Short Form (GRAT-S), Fear of COVID-19 Scale, and Purpose in Life Test (PIL). In addition, the respondents were questioned about life crises during the previous six months (e.g., the death of a loved one or illness). Results: Men and women differed in their endorsement of gratitude or fear of COVID-19 as a mediator. Women's experiences of the crisis related both directly and indirectly to purpose in life, with gratitude and fear of COVID-19 mediating this relationship. In men, only the indirect path, from crisis experience, through gratitude, to purpose in life, turned out to be significant. Conclusion: The results of this study suggest that coping styles differ in men and women and, as a consequence, that crisis interventions need to take gender into account.

**Keywords:** gratitude; fear of COVID-19; crisis experience; purpose in life; gender differences



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## 1. Introduction

Mental health researchers have found that the COVID-19 pandemic has had a significant impact on mental, physical, and social health [1,2]. The pandemic has caused severe stress for the general population worldwide [3]. Many studies have suggested that the current situation will have a significant psychological effect into the future [4,5]. The COVID-19 pandemic has exacerbated mental health issues [4,6–8]. Worldwide, an increase in emotional, behavioral, physical, and mental health problems has been confirmed in all countries [9]. Some researchers [6,7] have found that traumatic experiences resulting from the COVID-19 pandemic (i.e., emotional crisis, loss of loved ones, and illness) are associated with psychological, social, and physical health issues.

People's daily lives have changed, leading to fear and anxiety. This has affected their mental and physical well-being [10]. For this reason, it seems necessary to identify the factors that put individuals at risk of developing mental health difficulties and those that protect against them. Thus, this study aimed to provide more evidence on whether having experienced a crisis caused by COVID-19 affects the level of purpose in life. In addition, we wanted to determine if positive resources, such as gratitude, can help individuals to maintain their purpose in life, or whether a fear of COVID-19 can lower it. We expected gender differences based on previous scientific reports [11].

### 1.1. The Relationship between the Crisis Experience and Purpose in Life in the Pandemic Time

Research on life purpose, especially in difficult times such as the COVID-19 pandemic, helps us to understand the potential resources of people [12]. A sense of purpose in life can be understood as an individual's subjective belief that their life has a deeper meaning and purpose [13]. Meaning in life is the strongest human motivator [14]. Purpose in life is positively related to good health, quality of life, and well-being [15,16]. Life satisfaction,

# Crisis Experience In Modern Life

**George S. Worgul**



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### **Table of Contents Crisis Experience In Modern Life**

1. Understanding the eBook Crisis Experience In Modern Life
  - The Rise of Digital Reading Crisis Experience In Modern Life
  - Advantages of eBooks Over Traditional Books
2. Identifying Crisis Experience In Modern Life
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Crisis Experience In Modern Life
  - User-Friendly Interface
4. Exploring eBook Recommendations from Crisis Experience In Modern Life
  - Personalized Recommendations
  - Crisis Experience In Modern Life User Reviews and Ratings
  - Crisis Experience In Modern Life and Bestseller Lists

5. Accessing Crisis Experience In Modern Life Free and Paid eBooks
  - Crisis Experience In Modern Life Public Domain eBooks
  - Crisis Experience In Modern Life eBook Subscription Services
  - Crisis Experience In Modern Life Budget-Friendly Options
6. Navigating Crisis Experience In Modern Life eBook Formats
  - ePub, PDF, MOBI, and More
  - Crisis Experience In Modern Life Compatibility with Devices
  - Crisis Experience In Modern Life Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Crisis Experience In Modern Life
  - Highlighting and Note-Taking Crisis Experience In Modern Life
  - Interactive Elements Crisis Experience In Modern Life
8. Staying Engaged with Crisis Experience In Modern Life
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Crisis Experience In Modern Life
9. Balancing eBooks and Physical Books Crisis Experience In Modern Life
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Crisis Experience In Modern Life
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Crisis Experience In Modern Life
  - Setting Reading Goals Crisis Experience In Modern Life
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Crisis Experience In Modern Life
  - Fact-Checking eBook Content of Crisis Experience In Modern Life
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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