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THE FIXED MINDSET AND GROWTH MINDSET STYLES PREDICTION BASED ON INTELLECTUAL RUMINATION AND FIVE FACTORS MODEL

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ABSTRACT

The present study was taken on the purpose of fixed mindset and growth mindset styles anticipation on the basis of intellectual rumination and five factors model. Among the participators in lecture, rhetoric, and communication skills, 137 persons voluntarily took part in this study. The research participators filled up meditation victim mental rumination (2008) and five factor model questionnaire (NEO). The results showed the correlation of dynamic thinking style with any of openness to experience ($\beta = 73\%$) and compatibility ($\beta = 26\%$) was significant, and the remaining variables in the model explained 59% of the thinking style alterations. The obtained regression model enjoys an appropriate fitting ($F = 98.82$; $P < 0.001$). Additionally, the static thinking style relationship with any of intellectual rumination ($\beta = 49\%$), responsibility ($\beta = 26\%$), compatibility ($\beta = -20\%$), and extroversion ($\beta = 34\%$) is significant as well. Generally, the remaining variables in the model explicated 65 % of the static thinking style. The obtained regression model enjoyed an appropriate fitting ($F = 61.8$; $P < 0.001$). According to this research findings, it can be concluded that intelligence is a phenomenon, altering throughout the passage of time, relating to personality components and mental health (intellectual rumination), influencing individuals thinking style in the light of environment and environmental trainings.

Keywords: Thinking, Static Thoughts, Dynamic (Creative), Intellectual Rumination, Personality.

INTRODUCTION

The first thinking skill in systems thinking paradigm is dynamic (creative) thinking. By thinking dynamically, it means way of thinking, thinking style, interpreting, and perceiving revolutionarily and movably. Dynamism or creativity means whatever or whoever moving and grasping talent or ability in altering in lee of superiority, expansion, and progress as well. Therefore, dynamic thinking is a thought (way of thinking or thinking style) which is of some traits and characters as movement, dynamism, alteration, divergence, reformation, and improvement (Prensky, 2009). And by abstinence, it means stagnation, cessation, and forbearance of taking any transforming paces, and creativity in line with amelioration and reformation (Yigit, 2007). Dynamic thinking is against static thinking and dynamisin versus stagnation (Tuzun et al., 2007). For instance, when it is said that this person has got a creative mindset, it signifies that he perpetually asks, discusses and is curious, and increases and promotes his knowledge; where as, when a person has got a static and passive thinking and mindset, it implies that he lacks any preparations, and attempts for diverting, changing, and redressing structures, and methods, and for promoting and measuring works and issues as well, keeping his own career and administrative status, refuting menace risk and possibility, being decisive and insistent on his continence, ambulation and abstinence (Kerr, 2006). Having

dynamic thoughts denotes striving, moving, making attempts, seeking, and searching for achieving personal, organizational, social, national, and international goals (Torrance, 1974a). Thus, those who move and will are those who redress and change. Dynamism thinking follows a gradual and step-by-step path, but it never stops moving, reforming and changing. This resembles an attitude, an outlook, and a thought. This itself seems a real school of thought and philosophy of life. A person whose attitude toward life, world, and its issues is a progressive, alternating, changing, and moving attitude (one) is totally different from the person whose viewpoint is abstinate and motionless, being worried about changes and transformations, following a backward and past policy in maintaining status quo (Torrance, 1974b). This viewpoint is a thought and perception as well, yet it is not agreed on and compatible with human's societies' nature and progress (Lipman, 2003). As a result, both creative thinking and maintaining status quo are life thinking style (thinking lifestyle), confronting realities, closing and opening, organizing and regulating issues, albeit, this one with a maintaining status quo style and that one/the other one with a transforming, changing and moving style (Barron, 2003). According to intellectual reasoning and human experiences, static thinking takes the progress and development possibility away in modern communities, and in such a surging and changing time, pause, cessation and dormancy is not allowable in any schools of thoughts and ideas because life is in an immediate need to movement, change, and redress. Human issues do not quit in any station stagnation, and does not wait for anybody or any society. As a consequence, it seems necessary, wise, and worthy to follow dynamism, move, progress, and makes constant attempts and endeavors to actualize our noble intensions. Following perpetually, activity, seriousness, constancy, and processes progress are the human life necessities, and earth and heaven life pillars (Facioni, 2006). The results and effects of these two viewpoints are quite obvious in personal and social life. Dynamism works with movement, conversion, and alteration (Jeffrey, 2010). A dynamic community is the one (society) seeking for progress and creativity, and harvests its effects and results (Torrance, 2015). The static society, however, is mostly to maintain equilibrium results and effects and status quo. Within a creative person, motionlessness does make no sense. Thus then, one of dynamism important consequences is society's individuals' and persons' creativity (Jeffrey, 2010) or (Torrance, 2015).

One of the other dynamism outcomes, despite impasse and remission, is becoming; that is, dynamism guarantees improvement. Moreover, it discloses or discovers modern and efficient ways and styles in life, bringing about influencing and fresh methods in social interactions, exchanges and cautions. Furthermore, dynamism does lead to public attempts and works and businesses flourish and vogue. Eventually, it activates society's and individuals' reasoning power because dynamism and creativity, in its nature (naturally) assigns an essential role to the actors and acts themselves (Streeter, 1992).

Dynamic thinking style does not assign to pure organic, mechanic, and immovable without paying a full and complete attention (heed total) to actor, act, attempts, creativity, innovation, discovery, and inference. And it knows all of them as interpretable within a vainglorious process; as a consequence of which society individuals are to be equipped with happiness and vitality, because of which humans' internal forces, powers, and talents are known, and their attempts and endeavors for bloom and prosperity (Yoosefi, et al., 2004). In recent years, considering thinking styles regarding motivation (emotional) disorders and studying inadvertent thoughts and their role in motivative disorders have caught the researchers' eyes, a sort of which is



intellectual rumination (Conway, et al., 2000). Intellectual rumination is known as a constant mental occupation in regard to a thought or subject and thinking about its (Sadok, et al., 2002). It is classified as a category of conscious thoughts revolving around a regular and obvious pivot without which immediate, environmental demands work independently, but they are repeated neverendingly. In other words, intellectual rumination is a collection of passive thoughts obtaining repetitious aspect, allocating on samples' results and reasons, stopping resolving problems compatibly, increasing negative thoughts (Nolen-hokesema, et al., 1999). Pertaining to the considering results, personality impacts intellectual rumination, and it is possible that personality and intellectual rumination are influencing thinking style. Personality expounds those personal traits which are shown by behavioral stable patterns. Personality traits are of psychology significant subjects (Aluja, et al., 2007), the six remarkable ones of which are: neuroticism, extroversion, openness (to experience), acceptability, and conscience (Watson, et al., 2000). Neuroticism (N), is one of the features, in one side of its continuum, there are high emotional stability and low anxiety, and on the other side of which, there are emotional non-stability and high anxiety. The individuals with high numbers in neuroticism suffer from more non-reasonable emotions and disability in handling motivated behaviors, and weakness in coming to terms with problems. The individuals, whose numbers in neuroticism is low, are usually calm and moderate, being equipped with emotional stability, being able and competent to stand and resist stressful situations without any anxiety. In regard to extroversion (E), in Bert's, Petereeds', Aysank's and Aysank's (1998) eyes, there are apparent differences between the extroverts and introverts. The extroverts are social individuals enjoying attending parties, being zealous to intrigue, emotion (motivation & excitement), and adventures, acting thoughtlessly, lacking ability to handle emotions, and not being sufficiently permanent. One the contrary, an introvert is a taciturn individual who is more interested in books rather than humans, is reserved, and save (except for) some close friends takes distance from the other(s), and does not confide in instantaneous feelings, loves well-ordered and well-disciplined life questions, rarely maneuvers aggressively, and assigns a plethora of values to moral standards. The high-number individuals' openness to experience (o), in this context, are curious about both internal and external worlds diversity seeking and their life is full of and enriched by experience. They are mentally curious, dependent in making judgments, imagination, and eatheticism. **this context, are curious about both internal and external worlds, and their life is full of and enriched by experience.** They are mentally curious, dependent in making judgments, imagination, and eatheticism. Pertaining to acceptability (A), the more the acceptability, the more the individuals can handle their emotions in interpersonal interactions, and the more behave peacefully. The high-number individuals, with this personality type, have traits such as confidence, outspokenness, love for others, unanimity, modesty, and graciousness.

In terms of conscientiousness, (C), it can be said that it is the explanation for this sort of will. A conscientious, purposive person is firm and decisive. High numbering in conscientiousness is accompanied with or walks with academic and career success. High number individual's features in this context are of precision, faithfulness, confidentiality, making attempts for accomplishment, and discipline. Despite a plenty of researches being done seperably regarding each of variables, there no research or study was found, considering the simultaneous and interactive correlation between static thinking style and dynamic thinking style based on intellectual rumination and five factors model. Therefore, this study was implemented targeting



on predating static and dynamic thinking styles reliant on intellectual rumination and five factors model.

RESEARCH METHODS

The study is a descriptive research and a correlation sort in which the thinking style is its dependent variable and intellectual rumination and FFM are its predictor variables. The statistical society includes all of male and female participators in lecturing, rhetoric, and communication skills workshop in Day, 2017, among whom a sample of 137-person volume was opted throughout sampling method.

Measurements

The intellectual rumination scale of reflection:

The questionnaire has been introduced and normalized by Qorbani in 2008, and has 24 buoys, being categorized under reflection and intellectual rumination. The questionnaire numbering was based on 5-degree Likert scale. Its reliability/ validity was affirmed in Qorbani study, and its stability was taken by crobach's alpha coefficient higher than 80% (Ghorbani, et al., 2008).

FFM (Five Factor Model) (Five Factor Inventory):

NEO questionnaire is one of the most modern ones regarding assessment build character based on factor analysis approach. Nowadays, this test, due to its reflecting five major factors, is regarded as a widespread model on the basis of factors analysis, and its vast application in evaluating normal individuals' personality and in clinical affairs as well can be one of the most appropriate assessment tools. This questionnaire also obtains a brief form named as (Neo-FFI) which is a 60-question questionnaire being used to evaluate personality five major factors when (the) test time is too much limited, and when the personality general information is sufficient, this questionnaire is made use of. On the other hand, this test, run in the context of time and cost is frugal and affordable. Its scales enjoy a high validity, and the correlation among scales is high as well, and most of all. This test has been less criticized despite the other personality tests (Cheng, et al., 2003). This test has been set according to Likert scale (of) (totally disagreed, disagreed, indifferent, agreed, and totally agreed). The brief form numbering of this questionnaire; that is NEO-FFI, is not identical in all cases, signifying that in numbering some of questionnaire brief form cases, totally disagreed is accrued 4 scores, disagreed 3 scores, indifferent 2 scores, agreed 1 score, and totally agreed 0 score. At the moment, five-factor NEO test enjoys a universal application and has been translated into Check, Arabic, Dutch, French, German, Japanese, Norwegian, Polish, and Swedish for making researches. NEO-FFI Personality questionnaire has been run/inventory on 208 of American students by Maccray and Costa during three months, the validity/credits confident of which has been earned between 83% to 75% (Stewart, et al., 2005). This questionnaire long-term credit has been evaluated as well. A long 6-year study on neuroticism, extroversion, and openness to experience has indicated credit coefficients from 68% to 83% in personal reports and couples' ones as well. The credit coefficient of conscientiousness and compatibility factors has respectively been 79% and 63% within two years (Chioqueta, et al., 2005) and the results were analyzed by stepwise regression test.

RESULTS

According to the results, 65% of the sampling persons were male (man), 35% female (women), and also, 41.6% single, and 58.4% married (as well).



Table 1. The Study Correlation Variables, Standard Deviation, Average

Variable	M	SD	1	2	3	4	5	6	7
Neuroticism	22.74	6.95							
Extroversion	24.60	6.93	-0.72**						
Openness to experience	25.74	7.31	-0.80**	0.80**					
Compatibility	23.70	3.21	-0.18*	0.06	-0.19				
Responsibility	27.92	6.47	-0.40**	0.37**	-0.65**	0.16			
Intellectual Rumination	77.21	36.02	0.84**	-0.80**	-0.70**	-0.16	-0.18*		
Dynamic	13.30	4.10	-0.69**	0.65**	0.72**	0.24**	0.55**	-0.59**	
Static	13.00	3.58	0.56**	-0.64**	-0.47**	-0.27**	0.01	0.74**	-0.53**

* P<0.05 ** P < 0.01

Table No.1 contents indicated that dynamic thinking style is in a significant negative correlation with neuroticism ($r = -0.69^{**}$) and intellectual rumination ($r = -0.59^{**}$), and a significant positive correlation with openness to experience ($r = 0.72^{**}$), compatibility ($r = 0.24^{**}$), and responsibility ($r = 0.55^{**}$). Furthermore, the results declared that the static thinking style correlation with neuroticism ($r = 0.056^{**}$), and intellectual rumination ($r = 0.74^{**}$) was significantly positive, and with extroversion ($r = 0.64^{**}$), openness to experience ($r = 0.47^{**}$), and compatibility ($r = 0.27^{**}$) significantly negative.

Table 2. The Stepwise Regression Analysis Results to study Intellectual Rumination and FFM variables correlation with Dynamic (creative) Thinking style.

Independent variables	S.E	β	P
Fixed Amount	1.89	-	0.005
Openness to Experience	0.03	0.73	0.000
Compatibility	0.07	0.26	0.000
R = 0.77, R ² = 0.59, F = 97.82, P < 0.001			

Table No.2 contents showed that openness to experience and compatibility – from the entered intellectual rumination and personality traits – remained in the model, and the other components modeled out. According to the results, there was a significant correlation between dynamic thinking style with each of openness to experience ($\beta = 0.73$), and compatibility ($\beta = 0.26$). Generally, the remained-in-the-model variables explicated 59 percent of the dynamic thinking style changes. The regression model enjoyed an appropriate fitting ($F = 98.82$; $P < 0.001$).

Table 3. The Stepwise Regression Analysis Results to Study Intellectual Rumination and Personality Traits Variables Correlation with Static Thinking Style

Independent variables	S.E	β	P
Fixed Amount	2.35	-	0.000
Intellectual Rumination	0.01	0.49	0.000
Responsibility	0.03	0.26	0.000
Compatibility	0.06	-0.20	0.000
Extroversion	0.05	-0.34	0.000
R = 0.80, R ² = 0.65, F = 61.08, P < 0.001			

Table No.3 contents expounded that intellectual rumination, responsibility, compatibility, and extroversion, from the intellectual rumination and personality traits entered into the regression model, remained in the model, and the other components modeled out. In accordance with the results, there was a significant relationship between static thinking style with any of intellectual



ruminations ($\beta = 0.49$), compatibility ($\beta = 0.26$), acceptability ($\beta = -0.20$), and extroversion ($\beta = -0.34$). Generally, the remaind-in-the-model variables expounded 65 percent of static thinking style changes. The regression model enjoyed(s) an appropriate fifying ($F = 61.08$; $P < 0.001$).

DISCUSSION

The present study purpose was to predict static and dynamic thinking styles based on intellectual and five factors model (FFM). The results pointed out that dynamic thinking style correction with neuroticism and intellectual rumination was significantly negative and positively significant with extroversion, openness to experience, acceptability, and responsibility. The dynamic thinking style relationship with each/any one of openness to experience and acceptability was significant, and the remained-in-the-model variables explained 59 percent of the dynamic thinking style changes.

The dynamic thinking style is an underlying belief based on which our abilities (like our muscles) are developed and outreached throughout attempts and practices. The people, possessing dynamic thinking style, have stability and perseverance in confronting with problems and challenges since they have understood that working and striving can develop and change ability and intelligence. Static mentality and thinking style believes that intelligence is a fixed quality which cannot be altered. The kids obtaining static thinking style desist easily making attempts and working while confronting with obstacles because they believe that they cannot learn difficult things. However, there no study was found, focusing on static and dynamic thinking styles based on personality and mentality health.

The only study found was obtaining a dynamic and fixed mental pattern which has obvious consequences in training motivation. If the individuals had a fixed visage of intelligence, they most probably would believe that success is most of all dependent on talent, ignoring attempts and challenges. They may believe that some of people are given birth to, with an innate sense of success; whereas, the other do not have this ability. They may regard successful people as obtaining some non-attainable and inner characters. The side effects of static mental view paradigm are in solvency and indifference to working and trying (particularly in confronting with challenging works) (Torrance E.P, 1974b). This simple belief that intelligence is flexible and changeable, makes the kids being equipped with some abilities to confront with difficult questions and challenging problems. If they knew that they could develop and foster their own abilities, it would lead them to assign more trying to become successful; therefore, challenges and problems would not make them confused and bewildered. The dynamic thinking style brings about being interested in learning, increasing endurance and tolerance, which are necessary to achieve goals (Tuzun H, et al., 2009).

The static thinking style has a significant, positive relationship with neuroticism and intellectual rumination, and a significant negative correlation with extroversion, openness to experience, and compatibility. The static thinking style obtains a significant correlation with any of intellectual rumination, responsibility, compatibility, and extroversion. Generally, the in-the-model-remained variables explicated 65 percent of the static thinking stylechanges, and there were found no results approving and rejecting the study, due to which the study innovation is affirmed.



CONCLUSION

These study implications can be raised at both theoretical and practical levels. At a theoretical level, the study findings help it with considering the change ways of static and dynamic thinking styles. In the light of the study results, some fresh ideas and assumptions are put into regards about dynamic and static thinking styles' change determiners. They also enrich theoretical models regarding dynamic and static thinking styles, in line with advocating mental health, and personality, and transformation. At a practical level, these study findings can offer professional fresh evidences for editing training programming. The present study has also some limitations, the most important of which are as follows: it was run as a correlation study, and a specific sample group (the people participating in lecturing; rhetoric, and communication skills), because of which one cannot aggress to interpret, explain and change the thoughts referring to its (study) finding in all age ranges. Moreover, the considering samples were situated within age ranges from 18 to 47. One has to take care of (over) generalizing the findings into other age ranges (groups). For a more precise study, it is suggested to execute some studies in the field of thinking and thinking style in a volume like schools, and also proposed to run it in all age groups, and on the condition of having significant results, to commence specific instruction for different ages.

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Interests conflict

There no interest's conflicts have been reported by the authors.

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