



CHAPTER

19 The Role of Passion in Optimal Functioning in Society and Resilience

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Abstract

This chapter focuses on the construct of passion and shows that it can lead to adaptive or maladaptive outcomes. A brief introduction to the concept of passion is followed by a presentation of the dominant theory on passion, namely the dualistic model of passion. In line with self-determination theory's internalization process, the dualistic model of passion posits, and research reveals, that when the activity that one loves has been internalized in an autonomous fashion, harmonious passion results, and it typically leads to adaptive outcomes. Conversely, when the beloved activity has been internalized in a more controlled way, obsessive passion results, leading to less adaptive and, at times, maladaptive outcomes. Research supporting these assumptions is presented especially as it pertains to optimal functioning in society and resilience. Finally, directions for future research are proposed.

Keywords: [passion](#), [harmonious passion](#), [obsessive passion](#), [resilience](#), [optimal functioning](#), [dualistic model of passion](#), [self-determination theory](#)

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Heather and Mary love basketball. They basically play each day for several hours all year long. When they don't play, they talk or read about it. They love the game for sure, but there is more: they also devote a very large amount of time and energy to it, they highly value it, and it is part of them: Heather and Mary see themselves as basketball players. This love for the game of basketball has led them to commit to their sport, to achieve excellence in it, and to play at the university on the varsity team. Of major importance, this intense love for basketball that they both experience seems to differ in terms of their basketball involvement and outcomes. For instance, when playing Heather is always smiling and giving teammates "high fives." Although she gets upset when she does not play as well as she can, she finds a way to smile, regroup, and eventually thrive. When basketball is over at the end of the day, she can turn the page and devote herself fully to other activities, such as her studies, playing the guitar, or spending time with friends. As a result, she is happy while playing basketball and just as happy when doing other life activities. On the other hand, for Mary basketball is too serious for her to smile while playing. Winning is almost a matter of life and death for her, and she often feels really down, even depressed, when things don't go her way.

p. 388 Furthermore, she has a tough time letting go of basketball when the day is done. As a result, she has trouble enjoying other activities in her life. Overall, Mary is not as happy as Heather both while playing basketball and in the rest of her life.

As one can see, Heather and Mary dearly love basketball. As a consequence, they have both reached excellence in it. And yet their love for the game has led to more adaptive consequences for Heather than for Mary. It appears that sometimes loving an activity can be adaptive, and sometimes less so and, perhaps,

even maladaptive at times. Therefore, we need to better understand how even a strong “love of the activity” can go awry. The aim of this chapter is to do exactly that by presenting the construct of *passion* and showing how it may contribute to important outcomes in people’s life. We start with a brief introduction to the concept of passion and follow with a presentation of the dominant theory on passion, namely the dualistic model of passion (Vallerand, 2010, 2015). It will be seen that two types of passion exist, harmonious passion (HP) and obsessive passion (OP), roughly corresponding to that of Heather and Mary. Subsequently, we briefly present illustrative research supporting the role of passion in optimal functioning and then in resilience. A section on recommendations for future research closes the chapter.

The Psychology of Passion

The Concept of Passion

The concept of passion has given rise to many reflections, all of which have led to the emergence of at least two clear perspectives (Vallerand, 2015). The first, in relation to the perspective of the Greek philosophers, postulates that passion involves a loss of reason and control (e.g., Plato, 429–347 BCE; Spinoza, 1632–1677). The second perspective emphasizes the positive properties of passion, seen in the writings of Romantic philosophers for whom passions are necessary for attaining high levels of fulfillment (Hegel, 1770–1831) and for living a satisfying life (Kierkegaard, 1813–1855). These two perspectives highlight the duality inherent in the concept of passion, where the attainment of adaptive and maladaptive consequences can result. It is only in the 1970s that some empirical articles started to appear on the psychology of passion. These focused on passion for love (e.g., Hatfield & Walster, 1978) and did not deal with passion for an activity as such. Further, such research did not address the duality of passion. It was only 25 years later that Vallerand and colleagues (2003) reported the first empirical studies conducted on passion for activities. These studies introduced the dualistic model of passion and focused on explaining the duality of passion and predicting its adaptive and maladaptive effects.

The Dualistic Model of Passion

p. 389 The dualistic model of passion (DMP) rests on the firm assumption that people have a natural tendency toward self-growth that is experienced throughout life (Vallerand, 2015; Vallerand & Rapaport, 2017). In line with the organismic approach and especially self-determination theory (SDT; Deci & Ryan, 1985; Ryan & Deci, 2017), we believe that ↪ people seek to master their outside and internal worlds. In doing so, they challenge the world and conquer the tasks they face and then grow psychologically. Although people may be motivated for several activities in life, they are passionate for only a few, sometimes only one. People are likely to reengage regularly in those activities in which their psychological needs are nurtured, that they love, and that come to define them. Such an activity then represents central features of their identity. This will be the case to the extent that the activity is highly valued by the person (Aron, Aron, & Smollan, 1992), thereby leading to a passion toward that activity. In so doing, self and identity expand and the individual grows in the process.

The DMP (Vallerand, 2008, 2010, 2015; Vallerand et al., 2003; Vallerand & Houliort, 2003, 2019) defines passion as a strong inclination toward an activity (or an object, an ideology, a person) that we love, find important and meaningful, in which we invest large amounts of time and energy, and through which we define ourselves. Research on SDT (Deci & Ryan, 1985; Ryan & Deci, 2017) has shown that the internalization of uninteresting activities takes place to the extent that these are highly valued and meaningful for the person. However, the DMP posits that activities that people *love* will also be internalized in the self and in identity to the extent that they are highly valued (Aron et al., 1992; Csikszentmihalyi et al., 1993). In line with SDT, such internalization can be autonomous or controlled (Deci et al., 1994; Vallerand, Fortier, & Guay, 1997), thereby giving rise respectively to a HP or an OP for the activity.

HP results from an autonomous internalization of the activity in the identity and the self. Such internalization occurs when individuals have freely accepted the importance of the activity in and for itself. In other words, with HP, the authentic and integrative self (Deci & Ryan, 2000; Ryan & Deci, 2003) is at play, leading the person to engage freely in the activity with a sense of volition and personal endorsement. Individuals can then fully partake in the passionate activity in a flexible (Chickekian & Vallerand, 2022) and mindful way (St-Louis et al., 2018). With HP, people remain in control of their passion. They are then able to

decide when to engage in the activity, to fully focus on it, to experience positive consequences during (e.g., flow) and after (e.g., satisfaction) engaging in it, and to limit the sources of conflict with other life activities (e.g., work, family). People can then turn their attention to other life activities and enjoy them as well. Furthermore, with HP, people should be able to adapt well to demanding situations and to mobilize their attention and energies in the task to be performed. Thus, they should be in a position to face adversity with all of their resources.

p. 390 In contrast, OP results from a controlled internalization of the activity that one loves in the identity and the self. Such internalization arises from intra and/or interpersonal pressures generally due to contingencies linked to the beloved activity (e.g., Lafrenière et al., 2011; Mageau, Carpentier, & Vallerand, 2011) or to an uncontrollable urge to engage in the passionate activity. This type of internalization leads, at best, to a partial and fragmented internalization of the activity. Therefore, OP leads to an uncontrollable urge to engage in the activity that people love, leading to experiencing some negative consequences (emotional, cognitive, and behavioral) before, during, and after their engagement in their passionate activity as well as conflict with other life dimensions. OP somehow makes people “slave to the passion that controls them” and leads to rigid persistence (Chichekian & Vallerand, 2022) and some form of dependence on the activity. As such, OP leads to a less than optimal functioning both within the purview of the passionate activity and to the rest of people’s life.

Let us return to Mary, one of the two basketball players from the introductory example. Let us say that she is in the gym working on her basketball shooting. She realizes that time has passed quickly and she needs to get to her boyfriend’s apartment for dinner. Because her passion for basketball is more obsessive, she may be unable to resist the temptation to continue shooting, even though she knows that it could cause some conflict with her boyfriend. If she continues shooting, this may cause her to feel guilty and anxious, making it difficult to concentrate on her shooting. Even if she eventually goes to dinner at her boyfriend’s, she would likely fall victim to her own ruminations and torments of missing out on an opportunity to improve her shooting. The situation should be different with Heather. Because her passion for basketball is more harmonious, in all likelihood she would choose to stop her shooting after taking a few crucial mental notes of the few spots where she needs to work on her three-point shot tomorrow. This way, she can stop shooting without feeling guilty, go to the pizza parlor, and have a good time with her friends without ruminating about basketball.

Research Methods: The Passion Scale and the Induction of Passion

The initial work of Vallerand and colleagues (2003, Study 1) allowed us to validate the Passion Scale and to relate it to other constructs. The Passion Scale has two six-item subscales, each measuring one of two types of passion: harmonious (e.g., “This activity is in harmony with the other activities in my life”) or obsessive (e.g., “I have almost an obsessive feeling for this activity”). These two subscales are accompanied by a five-item subscale measuring the criteria of passion to distinguish passionate from nonpassionate people. These criteria are (1) love for the activity, (2) the importance of the activity, (3) the investment of time and energy in the activity, (4) the inclusion of the activity in one’s identity, and (5) the perception of the activity as being a “passion.” Those who are passionate about an activity score an average of at least 4 on a seven-point scale on these criteria.

p. 391 The psychometric qualities of the Passion Scale are excellent (see Marsh et al., 2013; Vallerand, 2015; Vallerand & Rahimi, in press). Well over 20 studies conducted in a multitude of different contexts, including work, sports, education, and music and the arts, have supported the two-factor structure of the scale through either exploratory or confirmatory factor analyses, as well as appropriate internal consistency (Cronbach’s α alphas of .75 and above). The Passion Scale also demonstrates invariance (or scale equivalence) over gender, language (English and French), and five types of activities (Marsh et al., 2013).

Of great importance, research supports the convergent and divergent validity of the Passion Scale. In passion research, participants complete the Passion Scale, including the subscale on the passion criteria (e.g., loving the activity, spending time on the activity), and other scales assessing a variety of outcomes (e.g., psychological well-being, emotions). Findings from a number of studies (see Curran et al., 2015 for a meta-analysis) reveal that HP and OP are both positively related to the criteria of passion, thereby providing convergent validity to the scale. Of major interest, the two types of passion show *different* relationships with outcomes variables. Specifically, HP is typically positively correlated with adaptive consequences such as positive emotions, flow, and life satisfaction, whereas OP is typically positively associated with less adaptive

outcomes such as conflict, negative emotions, and anxiety (see Curran et al., 2015; Marsh et al., 2013). Overall, these results support the convergent and divergent validity of the Passion Scale.

Because the two types of passion can be internalized to different degrees in the individual (Vallerand, 2015), it is possible to experimentally induce either HP or OP at a specific point in time. Such induction is typically done by asking people to recollect a recent situation when they displayed thoughts and behavior associated with either HP or OP and to write for a few minutes on their experience. Research reveals that the HP manipulation does induce higher situational levels of HP than OP, whereas the reverse is true in the OP induction condition (e.g., Bélanger et al. 2013b, Study 4). Furthermore, these induction procedures lead to the same effects as the HP and OP subscales of the Passion Scale (see Vallerand, 2010, 2015; Vallerand & Houliort, 2019).

Passion and Optimal Functioning in Society

The organismic approach espoused by SDT posits that one's happiness is to be found in trying to reach one's personal fulfillment in accordance with one's true self. In line with this perspective, Vallerand (2013, 2015) proposed that humans seek to experience self-growth and personal fulfillment in a variety of areas in their life. Vallerand (2013) posited that the highest level of well-being is multidimensional in nature and is obtained through high levels of psychological, physical, and relational well-being, as well as high performance in one's main area of endeavor while contributing to society. This is called "optimal functioning in society" (OFIS; Vallerand, 2013).

Of major importance is that Vallerand (2013, 2015) proposes that engaging in activities that one is passionate about represents an important way to reach OFIS. This is because with passion one is likely to experience self-growth and to attain OFIS. Indeed, with passion one has a powerful motivational force that is conducive to fully engaging in the activity with high levels of energy and enthusiasm while trying to further develop and grow. Passion, predominantly HP, entails using mastery goals and reaching positive activity experiences that foster full benefits of activity engagement (Vallerand, 2015; Vallerand & Rapaport, 2017). As one can see, passion for an activity represents an important type of high involvement that may lead to important positive effects on all five elements of OFIS. However, as we mentioned, passions are not equal. Although HP leads one to be in a position to be optimally functioning on a recurrent basis, such positive effects are not automatic and do not necessarily take place with OP. Therefore, it is proposed that to the extent that one's passion for an activity is harmonious, this will set in motion processes that will promote optimal functioning and protect against poor functioning. However, if one's passion is obsessive, then the positive effects may not be forthcoming on some dimensions, and some poor functioning may even take place.

Hundreds of studies have now been conducted on the DMP and provide support for the above hypotheses. One will find detailed summaries of such research in Vallerand (2015), Vallerand and Houliort (2019), and Curran et al. (2015). With respect to the five elements of OFIS, research (including some longitudinal studies and others where passion was experimentally induced) reveals the following. First, having a HP for at least one activity in one's life leads to psychological well-being increases over time, whereas OP (and not being passionate) typically undermines it (e.g., Lafrenière, Vallerand, & Sedikides, 2013; Philippe, Vallerand, & Lavigne, 2009; Vallerand, 2012). This is because HP allows one to experience flow and positive emotions while engaging in the activity. Such recurrent positive task experiences foster well-being (Rousseau & Vallerand, 2008). OP, on the other hand, does not lead to such positive task experiences but rather fosters conflict with other life activities and rumination about the passionate activity. As a consequence, OP does not facilitate psychological well-being but rather promotes burnout (Vallerand et al., 2010) and other negative states, such as anxiety and even depression.

Second, research shows that HP facilitates physical health, whereas OP is either unrelated or negatively related to health (e.g., Carbonneau, Vallerand, & Massicotte, 2010; St-Louis, Carbonneau, & Vallerand, 2016). In addition, with OP people engage more in risky behavior that can lead to injuries (Rip, Fortin, & Vallerand, 2006; Vallerand et al., 2003). Of note, even engaging in positive activities such as yoga is conducive to health benefits only when fueled by HP, as OP fosters increases in negative health symptoms over time (Carbonneau et al., 2010).

Third, HP facilitates the development of new friendships and the maintenance of such friendships, whereas OP does not (e.g., Utz, Jonas, & Tonkens, 2012). Passion can affect friendships both within the sphere of the passionate activity (Philippe et al., 2010) and outside of it, in the rest of life (Vallerand & Carbonneau, 2016). In addition, when the romantic passion is harmonious in nature, it leads to a more fulfilling relationship than when it is obsessive in nature. In fact, OP for one's romantic relationship leads to more interpersonal conflict and breakups over time (e.g., Carbonneau & Vallerand, 2013; Ratelle et al., 2013; Vallerand & Carbonneau, 2016).

p. 393 Fourth, both HP and OP facilitate the development of long-term performance (see Vallerand et al., 2007, 2008) through repeated engagement in demanding activities deemed to accentuate learning called "deliberate practice" (Ericsson & Charness, 1994). While both types of passion lead to performance in the long run, only HP facilitates psychological well-being during that process (e.g., Bonneville-Roussy, Lavigne, & Vallerand, 2011). Research has even shown that passion can predict 15 years ahead of time who will play professional hockey (e.g., Verner-Filion et al., 2017). Regarding short-term performance, research has shown that HP typically facilitates short-term performance over OP by triggering positive task experiences like flow, concentration, and deep task involvement (e.g., Ho, Wong, & Lee, 2011). But at times OP can also facilitate short-term performance, especially in ego-involving situations (Bélanger et al., 2013a).

Finally, both HP and OP predict contributing to society through involvement in causes such as humanitarian help (St-Louis et al., 2016), protecting the environment (Gousse-Lessard et al., 2013), and political involvement (e.g., Rip, Vallerand, & Lafrenière, 2012). However, whereas HP leads to the use of more democratic means (e.g., discussions, meetings) to promote the cause, OP often fosters the use of more extreme means and even violence (Gousse-Lessard et al., 2013; Rip et al., 2012).

The above research provides support for the DMP and the role of passion in each of the five OFIS elements. However, typically such research used the Passion Scale and only one of the five OFIS elements per study. More recently, we have developed a scale assessing all five OFIS elements and have related these to the Passion Scale in a series of cross-sectional and longitudinal studies (Chénard-Poirier, Verner-Filion, & Vallerand, 2022). Overall, such research reveals that HP positively predicts all five OFIS elements, whereas typically OP is unrelated or even negatively related to some dimensions, such as physical health and relationships. Future research is necessary to identify the processes mediating the effects of the two types of passion on OFIS.

A caveat is in order pertaining to causality. It should be underscored that research has been largely correlational in nature. However, research using cross-lagged panel (e.g., Lavigne, Forest, & Crevier-Braud, 2012) and experimental (e.g., Bélanger et al., 2013b; Lafrenière et al., 2013) designs has replicated the findings of the correlational studies using the Passion Scale. Consequently, one can feel confident that passion does cause many important outcomes reflecting the OFIS construct.

Passion and Resilience

p. 394 Resilience is generally defined as a relatively successful adaptation despite a difficult context or situation (Bonanno, Rennicke, & Dekel, 2005). Two types of research have been conducted with adults. First, researchers have tried to identify the individual variables that allow people to cope with significant stressors. This is the case, among others, for the resilience trait (Block & Kremen, 1996). The second type of research seeks to chart the resilience process by identifying the psychological mechanisms used by individuals ↪ demonstrating resilience (Fisher et al., 2018). For example, Fredrickson and colleagues (2003) have shown that individuals who experience positive emotions following a stressful situation such as the 9/11 attacks display high levels of psychological adjustment and display resilience.

We have recently conducted research on the role of passion in resilience following these two lines of research. We briefly present the results of some of these studies.

Several studies have shown that HP allows the person to have access to a number of adaptive self-processes, such as mindfulness (St-Louis et al., 2018), task-oriented coping (Verner-Filion et al., 2014), the pursuit of mastery goals (Vallerand et al., 2007, 2008), and perceiving a situation as a challenge rather than a threat (Lavoie, Vallerand, & Verner-Filion, 2021). On the other hand, OP is generally negatively related to these adaptive processes (with the exception of a small positive relationship with mastery goals) while being positively related to less adaptive processes such as threat perception (Lavoie et al., 2021), avoidance goals, and avoidant coping (Vallerand et al., 2007, 2008; Verner-Filion et al., 2014). One might therefore expect that HP would foster trait resilience while OP would not, or at least less so.

Two studies have been conducted to examine this hypothesis. In a first study with workers, we looked at the role of passion in the trait of resilience at work and the role of the interplay between passion and trait resilience in psychological well-being (Paquette et al., 2022, Study 1). The results of a path analysis demonstrated that HP for work was positively, and OP negatively, related to trait resilience at work, which, in turn, positively predicted psychological well-being. These results support the more adaptive role of HP than OP in workers' resilience and the role of the interplay between passion and trait resilience in psychological well-being.

These results are interesting and support our hypothesis. However, this first study was not conducted in a stressful situation. Would the results obtained in the first study be replicated under adversity, in a stressful situation? This is what a second study sought to ascertain (Paquette et al., 2022, Study 2). In Study 2, we asked workers to recall and describe a stressful event experienced at work. They also completed scales measuring passion at work, the trait of resilience at work, and posttraumatic growth following the stressful event at work. Of particular interest is the construct of posttraumatic growth because it measures feeling better *after* than before the stressful event. The results of a path analysis demonstrated that HP positively (and OP negatively) predicted trait resilience, which positively predicted posttraumatic growth. The results of Study 1 were thus replicated in Study 2 in the context of a stressful situation at work. As such, these findings underline the role of HP as an important determinant of the resilience trait and its adaptive consequences. At the same time, the results of both studies also reveal that OP does not provide access to resilience and may even undermine it.

Passion and the Process of Resilience in the Face of a Stressful Event

In a now classic study, Fredrickson and colleagues (2003) demonstrated that it is the positive emotions experienced following the tragic events of 9/11 that promoted psychological well-being in those difficult situations; negative emotions, on the other hand, have the opposite effects. These basic findings have been replicated in several studies (e.g., Cohn et al., 2009; Tugade & Fredrickson, 2004), suggesting that emotions are at the heart of the psychological process of resilience.

We believe that passion can play a major role as a determinant of emotions. As we have seen, our work has repeatedly shown that HP allows us to experience more positive emotions and sometimes even prevents the experience of negative emotions, while the inverse relationships are obtained with OP (see Curran et al., 2015; Vallerand, 2010, 2015; Vallerand & Houliort, 2019). Therefore, we should expect that HP will initiate the process of resilience through the enactment of positive emotions and the prevention of negative emotions. Conversely, OP would derail the resilience process because of the opposite pattern of relationships with emotions. In addition, by measuring outcomes within the passionate activity as well as in the rest of one's life, it allows us to examine resilience on two dimensions: (a) the degree of resilience (from low to high levels of positive adjustment following adversity) and (b) the locus of resilience (from specific, if resilience takes place in one life domain, to global, if resilience takes place across life domains). For instance, following adversity, people who display high levels of adjustment both in their passionate activity *and* in their life overall would show high global resilience, whereas people who display some small levels of positive adjustment both in their passionate activity and in their life overall would show low global resilience. Similarly, people who display high adjustment in their passionate activity but no adjustment in other areas of their life would show high specific resilience, whereas people who display some small levels of positive adjustment in their passionate activity but no adjustment in the rest of their life would show low specific resilience. Finally, lack of adaptation across life domains, including in the passionate activity, would indicate that there is no resilience at all. In line with previous passion research (Vallerand, 2010, 2015;

Vallerand & Rapaport, 2017), one should expect that HP will lead to high global resilience and OP will lead to low global or low to moderate specific resilience at best.

In a series of studies conducted in an academic context (Paquette et al., in press), we looked at the resilience of students in the face of stressful end-of-term exams. In a first study, we measured students' passion for their studies, their positive and negative emotions experienced just before the end-of-term exams, and various consequences experienced at that time, such as satisfaction in their studies, their evaluation of their performance in their studies, and their perception of having achieved their life goals *outside* of their studies, in the rest of their life. The results of a path analysis revealed that both HP and OP positively predicted positive emotions (HP more strongly than OP), while HP negatively, and OP positively, predicted negative emotions. In turn, positive emotions positively predicted all three adaptive consequences, whereas negative emotions negatively predicted satisfaction with one's studies and the perception of having a successful life. A longitudinal study that followed university students before and after end-of-term exams (Paquette et al., 2022b, Study 3) replicated these results while using pre-to-post changes in outcomes. Similar results were also found with students passionate for their studies following a failure in the education area (Rahimi, Paquette, & Vallerand, 2022, Studies 1 and 2).

The results of these studies reveal that when facing a stressful situation, HP leads to high levels of global resilience as high adaptive outcomes take place in the face of adversity both in students' passionate activity (their studies) and in their life in general. Such resilience takes place through the experience of positive emotions and the prevention of negative emotions. On the other hand, OP was found to lead to low levels of global resilience because of its limited relationship with positive emotions and its strong positive relationship with negative emotions, leading to mixed effects on functioning both in the passionate activity and in life in general.

Interestingly, another online study (Paquette et al., in press, Study 2), in which students passionate for their studies completed a stressful education task, showed that once again HP led to high levels of global resilience through its positive link with positive emotions and its protective effect against negative emotions. However, OP led to no resilience at all through its positive relationship with negative emotions leading to negative outcomes. A study with students experiencing failure in their passionate activity (their studies) also found similar results (Rahimi, Paquette, & Vallerand, 2022, Study 3). Thus, it appears that HP is more adaptive than OP since HP consistently leads to high global resilience, while OP leads to low global resilience or no resilience at all.

Conclusion and Future Directions

In closing, we would like to offer a few suggestions for future research. The research briefly reviewed in this chapter reveals that HP leads to adaptive outcomes and OP to less adaptive outcomes and, at times, to maladaptive outcomes (e.g., burnout, addiction). A first suggestion is to probe further the effects of HP and OP in order to determine whether OP can at times also lead to adaptive effects. Research has already shown that OP leads to better situational performance than HP under ego-threat conditions (Bélanger et al., 2013a). What are some of the other conditions where OP may do so? Conversely, is HP always adaptive? What about situations where one needs to impinge on one's harmonious life in order to complete an important assignment? Would people with a predominant HP be able to stay at work late, knowing that this creates relational conflict? Or would they find a way to handle the situation in a nonconflicted way? Future research on this issue is important as it deals with situations that happen regularly in real life.

A second area of research deals with having a passion for more than one activity and the potential contribution of such different passions to the five OFIS elements. Research shows that people can have a HP for at least two activities and that both positively affect psychological well-being (e.g., Schellenberg & Bailis, 2021). Future research is necessary to see if the contribution of two HPs limits itself to psychological well-being or if it can also apply to the other elements of OFIS (health, performance, relationships, and contribution to society).

Passion research has focused almost exclusively on the unique effects of HP and OP on outcomes. Recently, we have shown the existence of a quadripartite approach in which outcomes are distinctly related to subtypes of passion with varying *within-person* passion combinations by integrating the high/low dimensions of both HP and OP: pure HP, pure OP, mixed passion (high/high), and nonpassion (see

Schellenberg et al., 2019, 2021). Thus, a third research direction deals with the further exploration of the 2 x 2 quadrants. For instance, in line with the findings that the combination of high HP and high OP (mixed passion) leads to comparable effects to pure HP on some outcomes, future research should try to identify the adaptive processes at work in such adaptive synergetic effects. Is it HP that provides some preventative functions against OP or, conversely, OP that adds some timely resolve allowing one to reach one's key objectives? Similarly, research on cluster analyses is recommended to see if the same quadrants and associated processes can be obtained at the *between-person* level.

A fourth line of research that appears promising deals with the resilience processes of passionate individuals. We have briefly presented recent research (Paquette et al., 2022, in press; Rahimi, Paquette, & Vallerand, 2022) showing that HP facilitates both the trait of resilience and its process when facing stressful events and following failure in the passionate activity. But surely one could envision situations where being rigidly persistent, as with OP, can also yield some adaptive resiliency. Future research on the role of other processes such as persistence in resilience would seem in order. In addition, objective indicators such as physiological and cardiovascular measures (see Vallerand, Paquette, & Richard, 2022 on this issue) during the resilience process could prove valuable in terms of charting a multidimensional perspective of objective resilience.

Finally, research is badly needed on the development of passion. Because of lack of space we could not present research on the determinants of passion and have focused on passion outcomes. We refer readers to Vallerand (2015, Chapter 5) for such a presentation. In line with SDT principles as well as the DMP, such research reveals that social and personal variables that support the person's autonomy foster the development and maintenance of HP (see Vallerand, 2015). Conversely, social and personal variables that thwart the individual's need for autonomy contribute to the development and maintenance of OP toward the activity that one loves. Future research is needed to chart the development of passion from the first time someone engages in an activity (for an example, see Mageau et al., 2009, Study 3). In this vein, one could even study the vicissitudes of passion from its onset until old age as a function of life challenges.

p. 398 Furthermore, the processes involved in the transmission of passion from teachers to students, for instance, deserve attention. In addition, the role of need satisfaction and frustration in passion also deserves attention. A series of studies by Lalande et al. (2017) has shown that whereas HP results only from need satisfaction derived from activity engagement, OP results from the joint effects of need satisfaction derived from activity engagement and need *frustration* in the rest of one's life. Therefore, with OP people seem to compensate for what's missing in their life. This finding could lead to a new perspective on addiction, where *adding* a satisfying new activity in people's life could lead to a reduction in need frustration and help produce a decrease in OP for a problematic activity such as gambling or alcohol consumption.

Over the past 20 years or so, we have documented the role of passion in human experience. Overall, in line with SDT's internalization process and the tenets of the DMP, research reveals that when the activity that one loves has been internalized in an autonomous fashion, HP results and leads to optimal functioning in society, resilience, and adaptive outcomes. Conversely, when the activity that one loves has been internalized in a more controlled way, OP results, leading to lower levels of functioning and resilience and, at times, to maladaptive outcomes. We believe that future research on passion should lead to a better understanding of the intricate role of motivational processes in human experience.¹

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Notes

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