



# Eudaimonic Well-Being and Redemptive Form Use in Perpetrator and Victim Narratives

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## Introduction

- Eudaimonic well-being (EWB) has six components that captures a meaningful life of growth, connection, and virtue (Ryff & Singer, 2008)
- EWB may matter for narrative meaning-making, which is a mechanism of self-development (McLean et al., 2007)
- One way we construct the self is through narration, especially in negative event memories (Blackie et al., 2023). Individuals narrate negative event memories differently depending on their role in the experience as either the perpetrator or victim (Pasupathi et al., 2017)
- Two facets of EWB, **Positive Relations with Others** and **Personal Growth**, may especially relate to themes of perpetration and victimization in relational memories
- Event features also matter for narrative meaning-making as research on perpetration and victimization research shows (Pasupathi et al., 2017).
- Yet researchers tend to study EWB as an outcome of narrative processing not as an input (e.g., Mansfield et al., 2015). This is a gap in the literature.
- Our study addresses that gap by examining EWB as ‘input’ into redemptive narrative meaning-making in autobiographical memories of perpetration and victimization.

## Research Question

- Do differences in facets of eudaimonic well-being manifest in differing redemptive theme use in perpetration and victimization narratives?

## Hypothesis

- We hypothesize that Personal Relations with Others will predict more interpersonal forms whereas Personal Growth will predict more intrapersonal forms.
- We did not hypothesize a relationship between Eudaimonic Well-Being and how it may impact role in negative autobiographical memory narration because the literature indicates no direction.

## Method

### Participants

- Adults aged 20 to 69 ( $n = 179$ ,  $Mage = 44.53$ ,  $SD = 13.91$ , 58% female, 73% White, 11% Black, 8.4% Latino, 4% Asian, 3.6% Mixed/Other)

### Procedure

- Data were collected using Amazon MTurk
- Participants completed a battery Qualtrics Survey, including questionnaires of eudaimonic well-being, as well as prompts to recall 4 negative event memories (we focus on perpetration and victimization memories)

### Data Preparation

- Narratives were coded for contamination-redemption (McAdams 2001),  $ICC = .72$ .
- Redeemed narratives across both perpetration and victim roles (359 narratives) were coded into 6 central themes of redemptive action through an adapted version of Braun and Clarke’s Thematic Analysis (Braun & Clarke, 2005)

## References

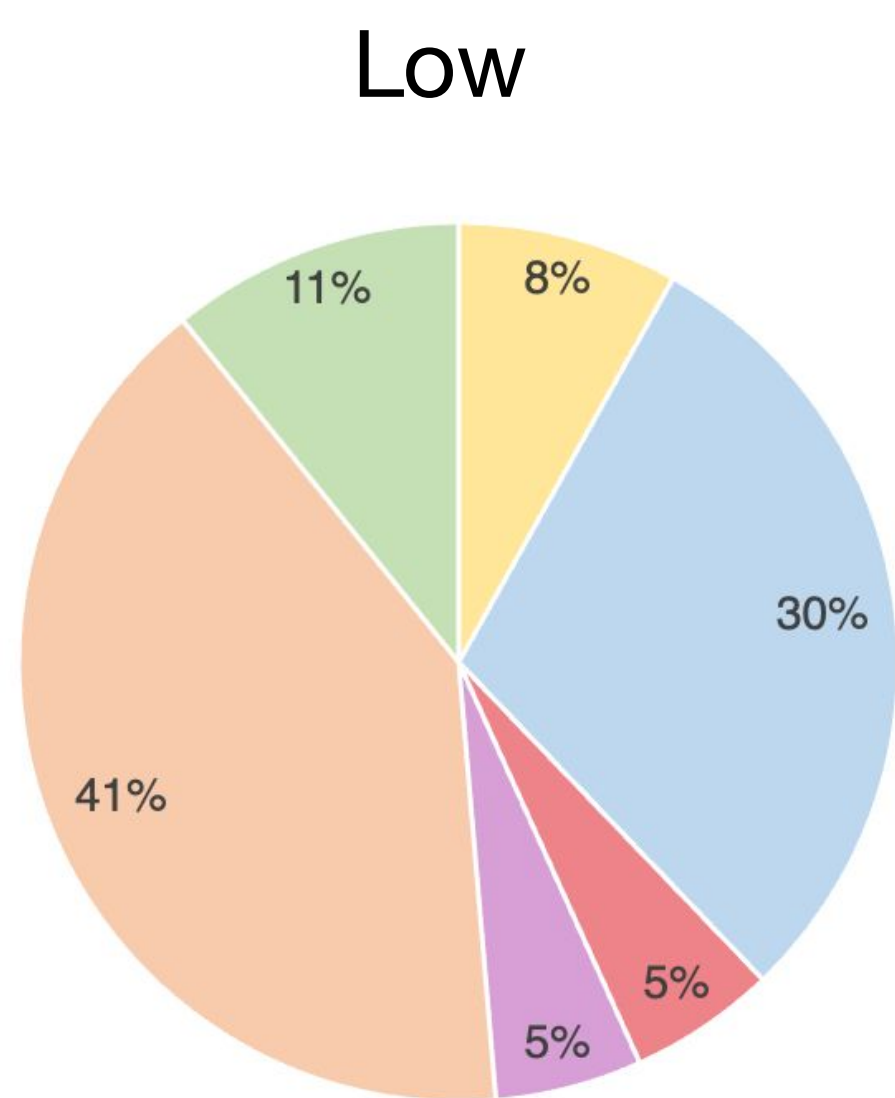
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## Results

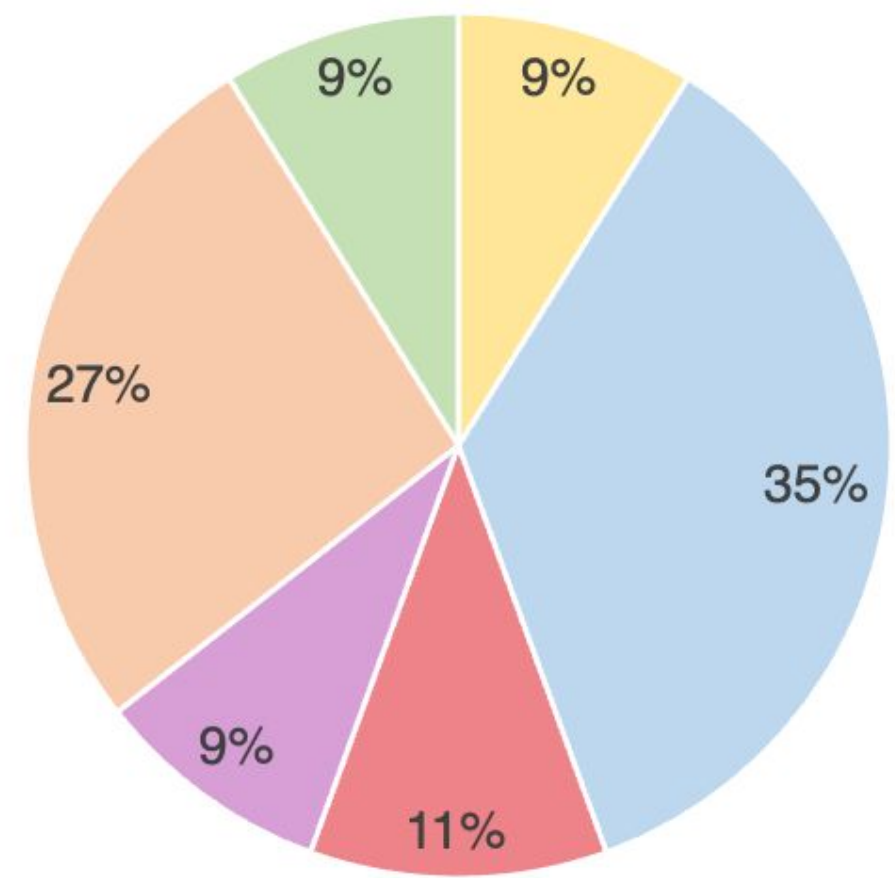
	Perpetration Narratives				Victim Narratives			
	Personal Growth		Positive Relations		Personal Growth		Positive Relations	
Forms	Low	High	Low	High	Low	High	Low	High
Return To Normal	3	4	2	5	3	2	3	2
Em. & Beh. Regulation	11	16	15	12	3	3	1	5
Comp. & Acceptance	2	5	0	7	4	7	6	5
Courage & Resilience	2	4	1	5	7	4	4	7
Honesty & Instr. Behaviors	15	12	15	12	2	1	1	2
Judgement	4	4	3	5	3	4	2	5
Total	37	45	36	46	22	21	17	26

*Note.* This table displays simple counts of forms in the narratives of individuals with lower Personal Growth ( $n=85$ ,  $M=3.39$ ,  $SD=0.65$ ), lower Personal Relations ( $n=85$ ,  $M=3.4$ ,  $SD=0.57$ ), higher Personal Growth ( $n=93$ ,  $M=5.4$ ,  $SD=0.36$ ), and higher Personal Relations ( $n=95$ ,  $M=5.1$ ,  $SD=0.54$ )

### Personal Growth

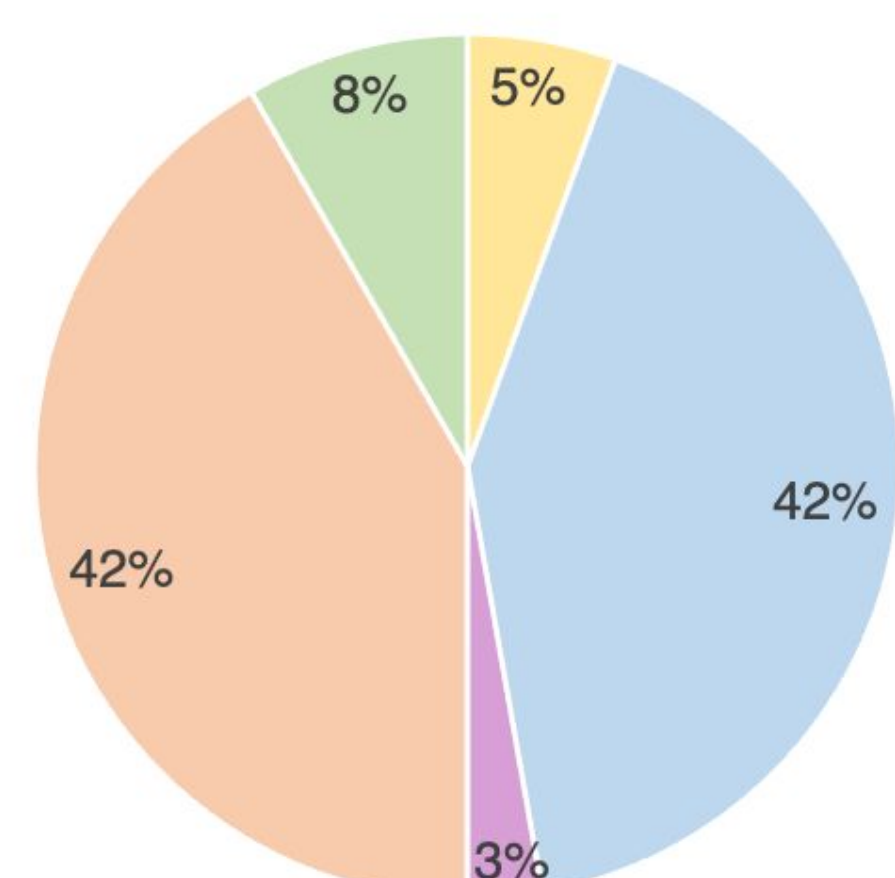


### High

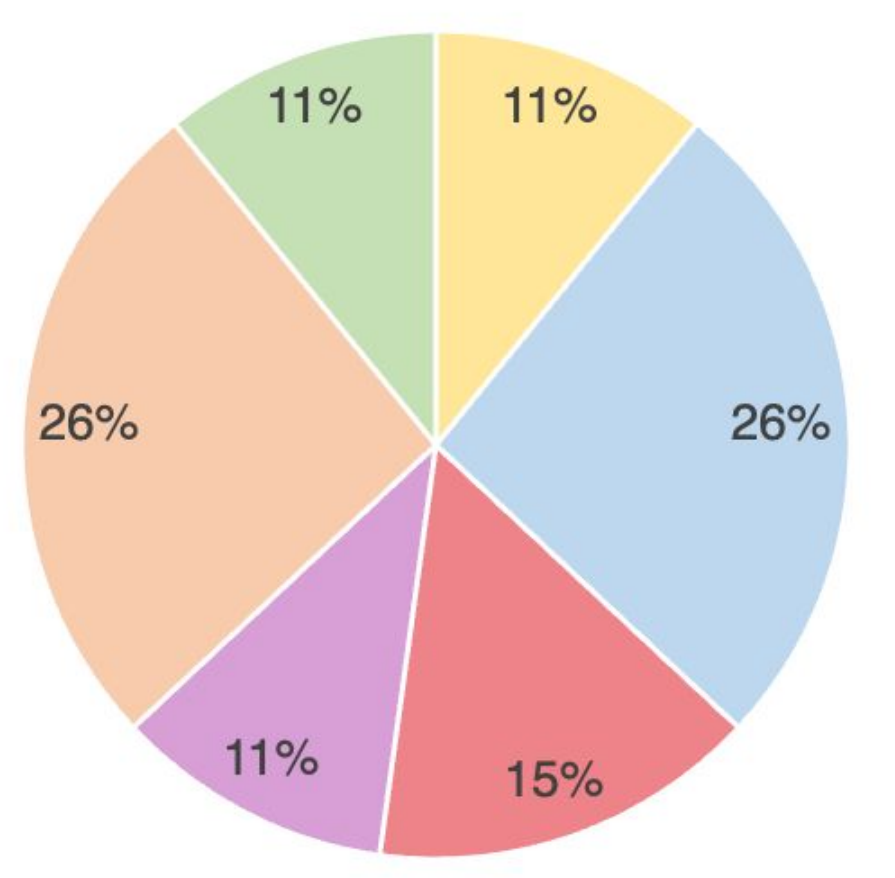


### Positive Relations

### Low



### High



- There is a significant difference in redemptive theme use among higher and lower Positive Relations scorers when narrating perpetration memories,  $X^2$  (df = 5,  $N = 82$ ) 11.06,  $p = 0.05$ . Other comparisons were not significantly different on redemptive theme use.

## Conclusion

- We prompted for relational memories, which may account for the difference in redemptive narration for higher Positive Relations scorers. Compared to lower scorers, higher scores used a wider variety of redemptive themes and were much more likely to narrate *becoming more compassionate* and *accepting of others* through causing others harm.
- People who score high on EWB PR would be expected to make positive meanings of negative *relationship memories*.
- Ryff & Singer’s (2008) measure of personal growth is broad and does not emphasize functioning specific to relationships. It could serve in adversity in general, but not in this case of relational adversity
- We replicated past work showing that people are more likely to redeem when they retell perpetration memories than when they retell victimization memories (Baumeister et al., 1990; Wainryb et al., 2005) as shown in the total line of the table above.

## Limitations

- We use relational narrative data, which may have affected our results based on the context of the memories
- PR and PG were split into 2 groups, however low individuals were not very low

## Future Directions

- More themes of redemption for different contexts to highlight the multifaceted nature of redemption
- Can different facets of EWB aid in different adversities, and do they work together to promote functionality