

Evaluation of Grit and its Associated Factors: An International Survey of Undergraduate Pharmacy Students from 14 Countries

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Introduction

Grit is a measure of a student's ability to persevere in the face of adversity and is proposed as an essential trait for academic achievement.

Therefore, evaluating the current state of grit and its associated factors could aid in academic support planning.

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Objective

The study aimed to assess the grit level and its related factors among undergraduate pharmacy students in 14 countries amid the pandemic.

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Methodology

A cross-sectional survey-based study was conducted among pharmacy students in 14 countries in Asia and the Middle East.

A 31-item questionnaire was developed, validated, and pilot-tested, including the validated short grit scale for grit assessment.

The data was collected between February 1st and April 15th, 2022. Descriptive and inferential statistics were employed as appropriate.

Ethical approval for this study was provided by the IIUM Research Ethics Committee (IREC 2022-081).

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Results

A total of 2665 responses were received, mainly from females (68.7%), living in urban areas (69.2%), and studying at private universities (59.1%).

The overall grit score on a scale of 5 was 3.15 ± 0.54 .

The responses revealed higher favourable responses to items on perseverance of efforts (34.9% to 54%) compared to items on consistency of interests (26.5% to 31.1%).

Factor associated with higher grit scores in pairwise comparisons

Category with higher grit scores	Category with Lower grit scores	P value
Students in private universities	Students in public universities	0.025*
Those who did not face challenges with online learning	Those who faced challenges with online learning	0.003*
Urban (lives in a city)	Rural (lives in a town or village)	0.020**
Regular exercise	No exercise	< 0.001**
Full-vaccination	No vaccination	0.007**
Interest/passion to study pharmacy	Only available/reasonable choice	< 0.001**
Excellent & Very good academic grades	Moderate & Fair academic grades	< 0.001**

*Mann-Whitney test.

**Kruskal-Wallis test. Adjusted p-values are presented for pairwise comparisons.

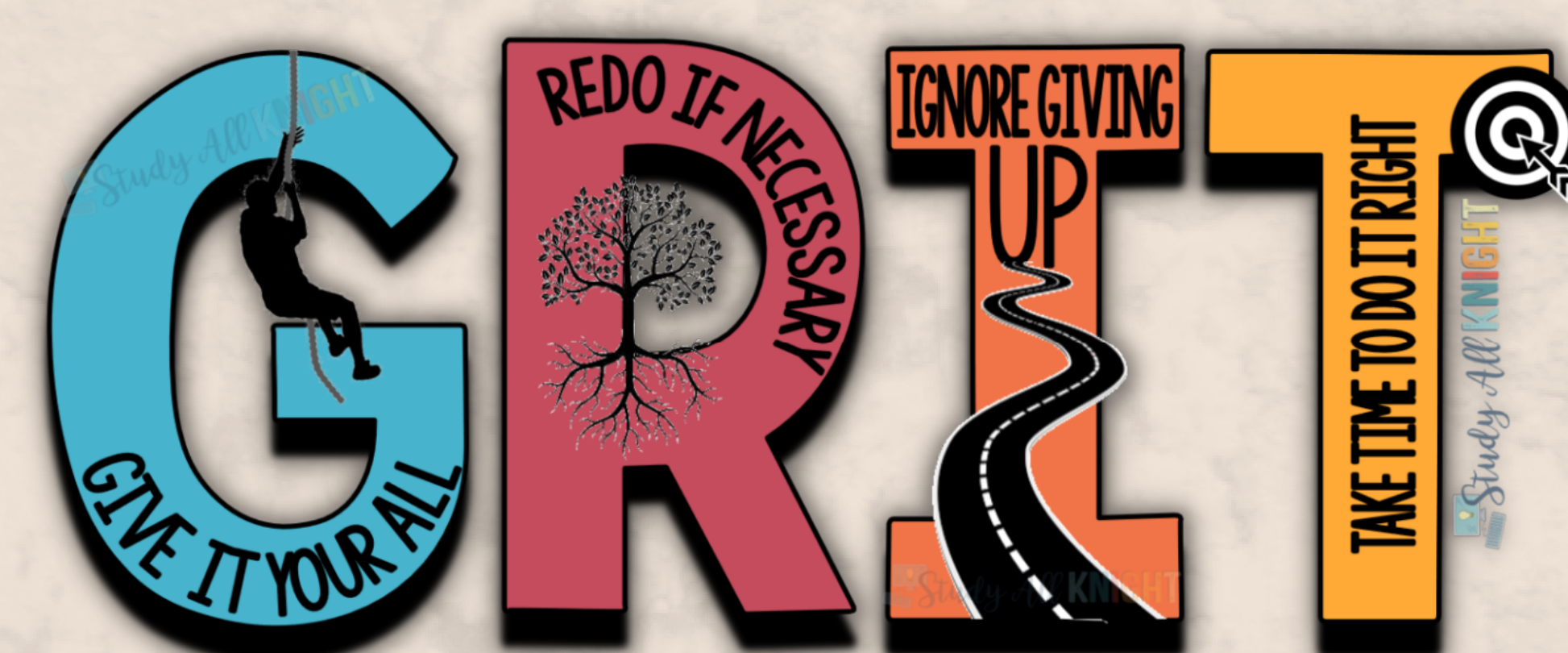


Photo credit: <https://www.studyallknight.com/achieving-goals-by-promoting-grit-in-your-classroom/>

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Conclusion

- The findings revealed moderate grit levels among pharmacy students from 14 countries.
- Several differences were identified across main domains of grit assessment, particularly the one related to the consistency of interest.
- This study provides perhaps the most comprehensive list of factors associated with grit levels.
- Further interventions to support students' grit attributes are required, particularly concerning the consistency of interests.

Limitation: inconsistent samples across countries attributed to various factors. These variations did not allow for cross-country comparison of grit levels and provision of country-specific initiatives.

Related Literature

- Duckworth, A. L., & Quinn, P. D. (2009). Development and validation of the Short Grit Scale (GRIT-S). *Journal of personality assessment*, 91(2), 166-174.
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