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Daydreaming and Self-regulation among Fashion Designer Students: The Mediating Role of Creativity

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Abstract

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Keywords: Adaptive Daydreaming, Maladaptive Daydreaming, Creativity, Self-Regulation

Authors:

Muhammad Jawad Nasir Malik: (Corresponding Author) PhD Scholar, Superior University, Lahore Punjab, Pakistan.
(Email: Jawadnasir93@hotmail.com)
Zarghuna Naseem: Assistant Professor & Chairperson, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.
Nimra Hanif: MS, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.

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Title

Daydreaming and Self-regulation among Fashion Designer Students: The Mediating Role of Creativity

Authors:

Muhammad Jawad Nasir Malik: (*Corresponding Author*) PhD Scholar, Superior University, Lahore Punjab, Pakistan. (Email:Jawadnasir93@hotmail.com)

Zarghuna Naseem: Assistant Professor & Chairperson, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.

Nimra Hanif: MS, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.

Keywords:

Adaptive Daydreaming, Maladaptive Daydreaming, Creativity, Self-Regulation

Abstract

This research was done to explore the relationship between adaptive daydreaming, creativity, and self-regulation among fashion design students. The study also explored the mediating role of creativity between adaptive daydreaming and self-regulation. The sampling was purposive for the collection of data. A sample (N=200) was collected from students of fashion designing from different universities. The participants (men =95, women =105) average age was 20.83 years. The questionnaire included three assessment measures: (i) short imaginal process inventory for measuring daydreaming (Antrobus, 2010), (ii) Runco ideational behavior scale for creativity (Runco & Plucker, 2001) (iii) and short form of self-regulation questionnaire (Brown et al., 1999). Results of this study highlighted a significant positive relationship between adaptive daydreaming, creativity, and self-regulation among fashion designer students. However, a significant inverse relationship between maladaptive daydreaming and self-regulation was observed.

Contents:

Introduction

Almost everyone experiences daydreaming at some time in life (Brennan, 2021). It can be pleasurable or painful, and keeping both in check will be difficult. Daydreaming is spontaneous and unintentional ideas that accidentally interfere with the performance of desired mental activities (Vaitl et al., 2005). Another fascinating feature of daydreaming is that the constant stream of consciousness is interrupted, consisting of conjugated, psychophysiological building blocks that follow each other in short intervals (Mills, 2007). People who have daydreams may also find that their daily lives and functions are disrupted (Kandola, 2021). Positive daydreaming which is

also reported as beneficial is known as adaptive daydreaming. It depends on how much time and attention one devotes to daydreaming and the character of the daydream (Fatima, 2019). As a result, daydreaming can be both beneficial and detrimental. Time of daydreaming varies significantly between people (Sodré, 2014). Adaptive daydreaming allows one to escape from a stressful circumstance and enables one to get back to tasks with a fresh perspective and try to solve the problem (McMillan et al., 2013). Legitimate events or stimuli, such as a voice, fragrance, conversational subject, or movie, might inspire daydreams (Wright, 2021).

McGrail (2012), argues that daydreaming is generally regarded negatively because it reflects 'non-doing' in a society that values production. Sigmund Freud was the first person who say that daydreaming occurs due to repressed desires threatening human existence (Morley, 1998). Schutz (1945) explained that daydreaming is the same as developing connections and encounters with other people, necessary for get purposeful life. McMillan et al. (2013) said that there are two different types of daydreaming:

1) *Positive-Constructive daydreaming*. It is related to agreeableness, reflecting a natural curiosity, and compassion, and generating ideas, emotions, and sensations. This can also be used as a stress relieving strategy after a severe disagreement with a close loved one or a catastrophic life event. Daydreaming can help to strengthen social skills, relieve boredom, provide opportunities for rehearsal and constructive planning, and provide a continuing source of pleasure (Casner & Schooler, 2015).
2. *Maladaptive daydreaming*. is that when an individual has disruptive daydreams regularly, so distracting that the individual loses focus on the work or situation in front of them. Maladaptive dreamers may withdraw from reality to immerse themself in their daydreams.

The purpose of the study was to see whether there was any relationship between daydreaming, creativity, and self-regulation among fashion designer students.

Daydreaming and Creativity

Creativity is the potential to get new thoughts, alternatives, or options necessary in resolving problems, communicating with others, and getting innovative (Franken, 2002). It was also defined as the potential to imagine and design new ideas, models, constructs and procedures. A creative person is one who is different, genuine, and full of expressions (Imran, 2016). Creative people are supposed to be engaging and have diverse ideas. They are visionary, thoughtful, and have the flexibility to change. This category includes inventors and artists like Thomas Edison and Pablo Picasso (Cherry, 2020). However, there are four different types of creativity. The model is known as the "four-c" model (Kaufman & Beghetto, 2009). A significant positive relationship has also been observed between adaptive daydreaming with creativity (Sun et al., 2021).

Adaptive daydreaming increases creativity as the fact creative breakthroughs can appear to occur extremely quickly, the process leading to a creative idea or solution develops gradually and requires numerous component activities, such as the recovery of linked memory representations, the elimination of information that is not original and the rearranging of memory images into new concepts. It has been shown that it increases creativity, motivates people, and helps individuals be more productive in their daily lives (Hagy et al., 2017). A meta-analysis of 31 studies by Stawarczyk (2018) found two main points of daydreaming i.e. the phenomenal structure of daydreaming and the historical perspectives. Daydreams result from a well-defined cognitive and neurological system, and they play a crucial role in numerous elements of our daily cognitive functioning, such as planning. Another meta-analysis was conducted by Fox et al. (2018) based on 21 different studies. The results provide a basic understanding of the neurological underpinnings of distinct stages and contents of the psychedelic experience, revealing how these stages differ and relate to similar "altered" states of consciousness, i-e, daydreaming. psychedelic experiences with significant visual hallucination components stimulate the same brain regions as altered natural states with high rates of visual imagery, that is, daydreaming.

Carciofo (2021) indicated that daydreaming correlates positively with problem-solving, positive mood states, good sleep quality, life satisfaction, and conscientiousness. Moreover, daydreaming is negatively associated with morning affect, negative mood states, and neuroticism. However, daydreaming is not always positively associated with positive aspects. There is another side of daydreaming i-e maladaptive daydreaming which is negatively related to positive affect (Sun et al., 2021). Zsila et al. (2018) focused on maladaptive daydreaming and indicated that it is positively correlated with desire for fame and negatively correlated with self-efficacy. Similarly, Schimmenti et al. (2019) concluded that maladaptive daydreaming interferes with individuals' normal day functioning and can result in severe distress.

However, it has been concluded by previous literature that daydreaming facilitates creativity (Zedelius & Schooler, 2016) and therefore, it can be hypothesized that:

Hypothesis 1. There will be a significant positive relationship between adaptive daydreaming and creativity among fashion designer students at universities.

Moreover, it was recognized at the beginning of the twenty-first century that humans employ self-regulatory functions to monitor, assess, and proactively act on their behaviour to make creative endeavours practical (Holmes, 2004; Kreimeen, 2014)

Creativity and Self-Regulation

Self-Regulation is defined as the ability to confront a challenging situation, balance emotions, behaviour and body movement and remain attentive and focused during that situation (Morin, 2014). It entails the ability to manage strong emotions such as frustration, excitement, anger, and embarrassment. Behave in a way that makes it easier for people to get along with others (RCN, 2018). There are four major types of self-regulation: (i) Self-Talk, (ii) Goal Setting, (iii) Self-Reinforcement, and (iv) Self-Monitoring. The lack of any one type of self-regulation can result in a lack of self-regulation (IRIS, 2016). However, self-regulation is often mistaken for self-control (Weinberger, 2021), Self-control is about resisting impulses; self-regulation is about understanding the causes of urges, reducing their intensity, and having the energy to fight when required (King, 2016). Karwowski and Kaufman (2017) focused on creativity, self-regulation, self-efficacy, mindsets, identity, and even the effects of beliefs on an individual.

Greene et al. (2020) found that participants with maladaptive daydreaming faced challenges, especially in controlling their emotions. Musetti et al. (2021) found that problematic maladaptive daydreamers experience higher levels of anxiety and depression and decreased social relationships. West and Somer (2020) concluded that maladaptive daydreaming can predict low levels of empathy, poor emotional regulation abilities and reduced creativity out.

However, researchers believe that daydreaming can enhance creative thinking which sooner or later will be beneficial for self-regulation learning in students (Munahef, 2020).

Hypothesis 2. There is likely to be a relationship between creativity and self-regulation in Fashion Designing students.

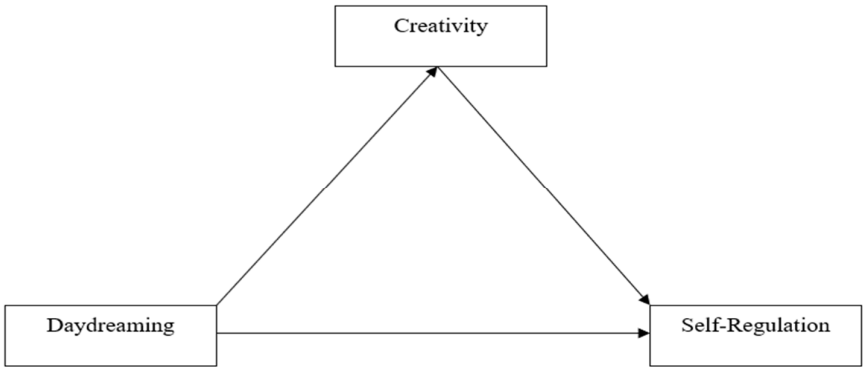
Furthermore, in the current study, the mediator will be creativity as the literature concludes that creativity is a potential mediator (Bodla & Naeem, 2014; Hartogsohn, 2018; Ranjit, 2022; Karaboga et al., 2022).

Hypothesis 3. Creativity is the mediator between adaptive daydreaming and self-regulation in Fashion Designing students of Lahore, Pakistan.

The Proposed Mediating Model

Figure 1

The Hypothetical Model



The Rationale of the Study

Almost everyone experiences daydreaming at some time in life. People who have recurring and distressing daydreams may find that their daily lives and tasks are disrupted. Youngsters do more daydreaming and if their daydreaming becomes adaptive it may increase productivity among them. Research on creativity exposed that creative person experiences more positive emotions, self-regulation and less depression, stress and anxiety. His is improved (Munahef, 2020). Therefore, the study wanted to find out the link between daydreaming, creativity, and self-regulation. Moreover, the study investigated the mediating role of creativity in daydreaming and self-regulation. If the relationship exists, strategies can be made to focus on more adaptive daydreaming which will enable people to self-regulate and become more creative.

Method

The data was collected from 214 Fashion designer university students using a purposive sampling technique. After collecting the data 14 questionnaires were discarded. Thus, the total sample of the study was 200 students. There were 95 (48 %) men and 105 (52 %) women with a mean age of 20.83 years. 84 participants were (42%) from joint family and 116 (58%) from nuclear family. 135 (67.5%) students were from private and 65 (32.5%) from public universities.

The assessment measures used in the current study were ***the Short Imaginal Process Inventory*** developed by Antrobus (2010) to measure the inner experiences related to daydreaming. The Scale consists of 3 subscales: Daydreaming, Guilt and Fear of Failure Dreaming and Poor attentional control, each with 15 items, with a reliability of .91. The researcher used only two subscales which were adaptive and maladaptive daydreaming. For creativity ***Runco Ideational Behaviour Scale*** developed by Runco and Plucker (2001), having 15 items, with a reliability of .96 was used. To measure Self-Regulation, ***Short Form Self-Regulation Questionnaire*** by Brown et al. (1999) was used. The scale has 31 items with a reliability of .72.

Results

In the current study, Pearson product-moment correlation analysis and mediation analysis using Hayes PROCESS 4.1 were conducted to testify to the hypotheses of the study.

Table 1

Mean, SD and Cronbach alpha of Daydreaming, creativity and Self-regulation (N=200)

Measures	k	α	M	*SD*
Short Imaginal Process Inventory				
Adaptive Daydreaming	30	.92		
Maladaptive Daydreaming	15	.73	61.90	55.89
	15	.77	55.77	13.01
Runco Ideational Behavior Scale	15	.77	55.89	8.18
Short Form Self-Regulation Questionnaire	31	.74	115.06	12.97

Table 1 shows that all the scales used in the study have good reliability

Note: k= Total items; a= Cronbach alpha

Table 2

Correlation among Daydreaming, Creativity and Self-regulation (N=200)

Variables				
Adaptive Daydreaming	1	-.39	.36**	.30**
Maladaptive Daydreaming	-	1	-.06	-.12*
Creativity	-	-	1	.50**
Self-Regulation	-	-	-	1

Note. $^{**}p < .001$

Table 1 shows that adaptive daydreaming has a significant positive relationship with creativity and self-regulation. Furthermore, creativity also has a significant positive relationship with self-regulation.

Table 3

Results of Hierarchical Regression Analysis for Self-Regulation (N=200)

Variable		LL	UL				
Step 1						.09	.08***
Adaptive DD	.38	.21	.56	.09	.29		
Step 2						.12	.11***
Maladaptive DD	-.18	-.32	-.05	.07	-.16		
Step 3						.27	.26***
Creativity	.72	.51	.92	.10	.45		

Note. CI = Confidence Interval; LL = Lower limit; UL = Upper limit; DD= Daydreaming $^{**}p < .01$, $^{***}p < .001$

Multiple hierarchical regression analysis was conducted in three steps to determine if adaptive daydreaming, maladaptive daydreaming, and creativity have any impact on self-regulation. In the first step, adaptive daydreaming showed a significant impact on self-regulation (F [1, 196] = 18.54, $^{***}p$<.001), accounting for an 8.6% variance in self-regulation. Step 2 includes maladaptive daydreaming, which is a significant negative predictor of self-regulation (F [2, 195] = 13.32, $^{***}p$<.001) and accounted for a variance of 11.1 %. It means that maladaptive daydreaming causes a reduction in self-regulation. Step 3 includes creativity, which is also a significant predictor (F [3, 194] = 25.76, $^{***}p$<.001) and accounted for a 27 % variance in self-regulation.

Mediation Analysis

Table 4

Regression Coefficients for Daydreaming, Creativity, and Self-regulation (N=200)

Antecedent	Consequent							
	C (M)				SR (Y)			
		β	SE	p		β	SE	p
ADD (*X*)	*a*	.29	.06	.001**	*c′*	.17	.09	.001***
C (*M*)		---	---	---	*b*	.72	.10	.001***
Constant	*I*	37.73	3.46	.001**	*I*	64.31	6.39	.001***
	R^2 = .13				R^2 = .26			
	F (1, 196) = 28.23, *p* = .001***				*F* (2, 195) = 35.09, *p* = .001***			

*Note. ADD= Adaptive Daydreaming, C=Creativity, SR= Self-Regulation**p<.01, ***p<.001*

Process Macro was used to examine the mediating effect of creativity on adaptive daydreaming and self-regulation. The results depicted that adaptive daydreaming was an imported predictor of creativity (b = .293; *p*= .001). Further, when creativity (mediator) was controlled, the results showed that adaptive daydreaming powerfully impacted self-regulation (b = .17, *p* = .05).

Effects

Table 5

Effects (N=200)

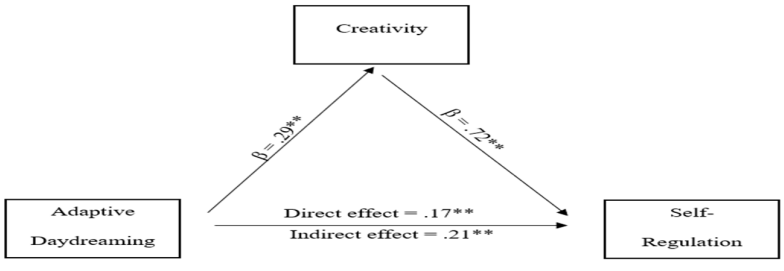
					95% CI	
Effects	β	SE	t	*p*	LL	UL
Direct	.17	08	2.03	.04		
Indirect	.21	.09	.34		.095	.335
Total	.38	.04	4.3	.005	.20	.56

There was an indirect effect of creativity between adaptive daydreaming and self-regulation (a*b =.21, BT CI95 = .095, .335). The creativity being the mediator, caused around 26% of the impact on self-regulation. The direct effect between adaptive daydreaming and self-regulation was significant (b = .17, t = 2.03, *p* = .05). Below is the statistical model of the study.

Emerged Model

Figure 2

Emerged Model of the Study



Statistical Model of creativity between adaptive daydreaming and self-regulation

Discussion

Almost everyone has occasionally engaged in daydreaming. It can either be pleasant or painful and managing both is challenging. On the other hand, people who experience distressing and recurrent daydreams might find that they experience disruptions in their normal activities. Numerous studies have also shown that being creative can improve self-regulation, reduce stress levels, and lessen anxiety, and depressive symptoms. The study explored the link between daydreaming, creativity, and self-regulation. The study also aimed to investigate the mediating role of creativity between daydreaming and self-regulation.

The first hypothesis of the study was about the relationship between adaptive daydreaming and creativity in fashion design students. The results depicted a positive relationship between adaptive daydreaming and creativity. Thus, the hypothesis of the study was supported as similar results have been observed in previous literature (Munahef, 2020; Sun et al., 2021; Baer et al., 2021; Duarte et al., 2021).

Our second hypothesis was that there is likely to be a relationship between creativity and self-regulation in Fashion Designing students. It was supported by this study.

Regarding the third hypothesis which was the mediating role of creativity between adaptive daydreaming and self-regulation, mediation analysis was conducted using PROCESS version 4.1 and by using Baron and Kenny's assumptions. There was a partial mediation because the direct effect of adaptive daydreaming on self-regulation after controlling creativity was reduced but remained significant. Similar results were given by Baer et al. (2021), they indicated that among employees daydreaming can significantly predict creativity and carries a noteworthy benefit for creativity. Previous literature (Mann & Cadman, 2014) supports that creativity partially mediates the relationship between boredom and daydreaming.

Ferrante et al., (2022) examined the role of creativity as a mediator between maladaptive daydreaming and dissociation. The findings of the study showed that creativity fully mediates the relationship between maladaptive daydreaming and dissociation. Duarte et al. (2021) pointed out that fantasy proneness partially mediates the relationship between adaptive daydreaming and creativity. However, suppression effort (maladaptive daydreaming) is negatively associated with creativity. Furthermore, according to the light of literature creativity is a potential mediator (Bodla & Naeem, 2014; Hartogsohn, 2018; Ranjit, 2022; Karaboga et al., 2022).

Conclusion

The present study investigated the relationship between adaptive daydreaming, creativity, and self-regulation among fashion designer students. Data analysis revealed not only a positive but also a significant relationship between adaptive daydreaming, creativity, and self-regulation. Moreover, a negative relationship between maladaptive daydreaming and self-regulation was also represented. The study also aimed to find out a mediating role of creativity between adaptive daydreaming and self-regulation. The result depicted that creativity partially mediates the relationship between adaptive daydreaming and self-regulation. Youngsters are involved in daydreaming which may lead to procrastination and wastage of time. It was hypothesised that adaptive daydreaming increases productivity and creativity among students which ultimately can enhance their self-regulation. The results were consistent with the previous research which emphasized that adaptive daydreaming enhances creativity and self-regulation among people.

Limitations

The sample size for the current research was only fashion designer students. Therefore, the findings cannot be generalized to a larger population. The data was collected on qualitative measures and did not explore the phenomenological world of dreams.

Future Recommendations

- If anyone wants to conduct such a study, a larger sample is recommended in order to increase the generalizability of the study.

- A longitudinal method can be used so that more authentic information can be achieved for the study variables.
- It is better to use an experimental design in which other factors affecting the relationship could be controlled.
- Data should be collected from teachers, interior designers, graphic designers, architects and other occupational categories where creativity is the basic requirement.

Implications

- This study will be helpful for students who get engaged in daydreaming to utilize their potential to become more creative and artistic via practice.
- Writers and artists, who are definitely creative people, can benefit from this study. During daydreaming human thoughts make connections and these connections lead to innovation, diversity and creativity, resulting in more involvement in tasks and getting into the state of flow, ultimately increasing work efficiency.
- This research will help students in their subject and career choices.

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