

Balancing the Need for Closure: A Requirement for Effective Mood Development in Flow

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Abstract : The state of flow relies on cognitive elements that sustain openness for information processing in order to promote goal attainment. However, the need for closure may create mental constraints, which can impact affectivity levels. This study aims to observe the extent in which need for closure moderates the interaction between flow and affectivity, taking into account the mediating role of the mood repair motivation in the interaction process between need for closure and affectivity. Using a non-experimental, correlational design, n=73 participants n=18 men and n=55 women, ages between 19-64 years (m=28.02) (SD=9.22), completed the Positive Affectivity-Negative Affectivity Schedule, the need for closure scale-revised, the mood repair items and an adapted version of the flow state scale 2, in order to assess the trait aspects of flow. Results show that need for closure significantly moderates the flow-affectivity process, while the tolerance of ambiguity sub-scale is positively associated with negative affectivity and negatively to positive affectivity. At the same time, mood repair motivation significantly mediates the interaction between need for closure and positive affectivity, whereas the mediation process for negative affectivity is insignificant. Need for closure needs to be considered when promoting the development of positive emotions. It has been found that the motivation to repair one's mood mediates the interaction between need for closure and positive affectivity. According to this study, flow can trigger positive emotions when the person is willing to engage in mood regulation strategies and approach meaningful experiences with an open mind.

Keywords : flow, mood regulation, mood repair motivation, need for closure, negative affectivity, positive affectivity

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