

A Daydreaming: Vex or Delight?

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Abstract

We humans tend to get involved in dreams created by us generally referred as daydreams. It can be done for pleasure sake but it can also be the result of depression which can make the person difficult to focus on his daily tasks making his life difficult. Various triggers include T.V, movies, songs, video games, loneliness or boredom. The present study examined the effect of daydreaming in everyday life, its triggers and how we can overcome it. Here, positive effects as well as negative effects of daydreaming are discussed. A research has been conducted and a result had been compiled based on the information given by people. It showed that the highest trigger among people is because of movies where they spend around 5 hours in daydreaming about it.

Keywords: Daydreaming, mindwandering, triggers, imagination, addictive

1. Introduction

Imagination is a unique quality of human beings over other animals. They can imagine, think and invent. Our imaginations are the only limits to what we can hope to have in the future and its power makes us infinite. Human beings want to change their unsatisfactory world of sorrows, needs and desires according to them. If they are not able to overcome it, they try to satisfy this desire by day dreaming and create a world which they wanted in reality and tend to involve in immense daydreaming to reduce their pain and loneliness (Sigmund Freud, 2018, creative writers and daydreaming). Daydreaming is basically a mental travel or an immense involvement of people in the self thoughts which takes them far away from the real world for a short period (Delaney et al., 2010). They are the unexpressed feelings, the unsaid words, the untaken journeys and undefended beliefs. In short, it's a life people wanted to live but couldn't mostly because they were scared to raise their voices for themselves. By escaping in their dreams, they cut ties of all insecurities and problems that bother them like a connection between inner life and outside world which becomes vital for the ability to express day by day. It is so addictive mostly because people express so much only in daydreams and it is the only reminder of what it means to be fully alive, giving it up feels like giving up a part of itself, the only part which actually feels real. Daydreaming is used by people to remove dullness from their life, as presented in the movie "The Secret Life of "Watter Mitty" in 2013. The story was about a person who started to involve in daydream to feel happy in life. According to study, approximately 50% people spend time in day dreaming (Killingsworth & Gilbert, n.d., 2010). In the book of Singer (1966), he reported that 96% of the adults are engaged in daydreaming. Daydreaming involves self generated thoughts which are different in magnitude from person to person in the context of emotion content and time (Poerio & Smallwood, 2015). Daydream is used to reduce loneliness and removing dullness from their life, but when it is excessively used, it can interfere in the academic and interpersonal relationships (Somer & Ph, 2002). Excess of everything is not good and this excess of daydreaming is converted into maladaptive daydreaming and becomes a psychological mental disorder. But in a later phase, this illness can be cured by the person itself. Daydreaming was proved to be necessary for mental health. A daydreamer improves its interaction skill in society and remove boredom and feel satisfying (Mcmillan et al., 2013). Daydream is generally triggered by video games, movies and many more which a person wants to experience in reality but not able to and in order to fulfill this wish, they involve in immense daydreaming as it give them happiness. But they need to manage time used in daydreaming especially by students and adults with the social relationship which they need to maintain in reality. An activity which is used to control pain but if not controlled can affect the health and relationship. Daydreaming is constructive but it becomes worst when an individual spends its entire day time in compulsive daydreaming and remove them

from their social life and it becomes difficult for them to stop, this type of daydreaming is converted into maladaptive daydreaming, a term given by Eli Somer.

Children, teenagers and adults waste most of their time in daydreaming (singer, 1975) and mind wondering all the day. This is an area which is not told or discussed among people, therefore it is decided to write this research paper and inform them that this is a problem which exists and hinders the growth of children and teenagers and needs to be rectified as soon as possible! Psychologists treat daydreaming a illness. There are the evidence which states the daydreaming effects the cognitive ability of people (Journal, 2012). The research emphasis on the triggers of daydreaming and how they effect our daily lives and hamper our day to day tasks. This research also emphasis on creating an awareness among readers and researchers about this unexplored area.

2.Review of Literature

The study conducted about daydreaming to check the recalling power of undergraduate students did not prove that there is relation between the recalling power and daydreaming(Otgaar et al., 2016). Daydreaming was found to weaken the memory during lectures(Risko et al., 2012). Daydreaming is not undermining the memory but it is reducing the concentration of students as they want to engage in daydreaming than to study. A study conducted on Dutch students states that if a person is more self focus and thinks a lot about their feelings then worry is more involved in daydreaming which can indirectly depress the person. There is no relationship of mindfulness ability and self knowledge on the daydreaming effect. Daydreaming is directly related to a person's involvement in their thoughts and it is very difficult to control a person and can increase the depression syndrome in mind(Neuroscience et al., 2014). The influence of violent and non-violent children programs on daydreaming style was checked. Data was collected from children studying in Grade 3 and 5. A longitudinal study of two years was conducted. The results proved that there is no impact of television viewing in first year but when studied in second year, there was an effect of television viewing. Non-violent programs on TV stimulates the positive-intense daydreaming style but a violent TV programs stop this style of daydreaming. A violent program stimulate the aggressive heroic daydreaming style and a non-violent program inhibits aggressive heroic daydreaming style (Library, n.d.). The author studied the impact of positive-constructive, guilty-dysphoric and poor attention control on some personality traits. The effect of daydreaming on psychological well being of respondents was studied. A positive and constructive daydreaming helps in the personal growth. Guilty daydreaming was associated with depressive symptoms and lower psychological well-being. The results of study proved that those who can introspect would positively predict constructive and guilty dysphoric daydreaming(Zelenski, 2016). The author examined the relationship between daydreaming and well-being taking mindfulness and Otaku contents as moderator. Mindfulness and Otaku contents show the positive relationship of daydreaming on life satisfaction. The study was conducted on Japanese population in different age group of 20-29 to 50-59. The study proved that person with high mindfulness and Otaku priming with short viewing time could reveal a positive relationship between daydreaming and well being. High mindfulness indicates a positive relationship between daydreaming and life satisfaction(Sugiura & Sugiura, 2019). The author studied the impact of suicidal ideation on memory retrieval and depression taking violent daydreaming as a mediator. The study was conducted on 512 young adult undergraduate students. The individuals who are more involved in suicidal thoughts due to violent daydreaming have a problem of memory deficit and impairments. The effect of suicidal ideation is stronger on memory retrieval than memory encoding due to violent daydreaming.(Chu et al., 2016). The author studied the relationship between poor sleep quality and mind wondering/daydreaming and between mind wondering/day dreaming and chronotype. The author assumed that there is relationship between chronotype and poor sleep quality, more mind wondering and more day dreaming. Three surveys were conducted among Chinese adults aged 18-50. Relationships between poor sleep quality and day dreaming and mind wondering. If the participants' poor sleep quality, it can affect mind wondering and daydreaming negatively. Sleep

quality also mediates the relationship between chronotype and daydreaming frequency. The research is only able to find the relationship but not causation of this low sleep quality. Poor sleep quality is common in Hong Kong University students. Mind wondering and daydreaming are significantly correlated but there is moderate relationship between sleep quality, mind wondering and day dreaming(Carciofo et al., 2014). This study investigated the relationship between daydreaming, video games and psychological absorption. The participants of the study were from Midwestern University (17 to 46 ages). The study is an exploratory study and first attempt to factor analyse. The author reported that A constructive daydreaming and daydreaming due to guilt, fear and failure can take a person into the fantasy world. It does not affect attention problems of daydreamers. The study is not related to particular style of daydreaming. Those who realise Video game is interfering their life involves in more unpleasant day dreaming. Participants realise that daydreaming is diverting them from their responsibilities(Absorption et al., 2010). Positive-constructive and problem solving in daydreaming share some common features with hypnosis because it involves some imaginative activity and use it for positive purposes like planning and recreational activities(Hoyt et al., n.d.).

3. RESEARCH METHODOLOGY

Daydreaming Scale

A Daydreaming scale (Somer, et al., 2017) was taken and modified in Hindi and English .The data was collected on Likert Scale, where the questions were asked on 5 point rating scale. Data was collected from students, college graduates and from Retired person. Data was collected through Google form. 260 responses were received. Total 21 questions were asked from the respondent. Responses are less because only data was taken from those who are involved in daydreaming and people are reluctant to share the information.

3.1 Data Analysis and interpretation

Data was collected from 261 respondents. After scrutiny one respondent was removed and analysis was done for 260 respondents. 65.8% students were school pass, 22.7% students were college pass and others were 30%. Table 2.1 displays the total time spent by different age groups. Age group 19-21 spend maximum time on daydreaming followed by 22-30 age group.

Age	Time spent			Total
	0-5Hours	5-10Hours	More than 10Hours	
15-18	18	0	0	18
19-21	138	19	2	159
22-30	30	1	0	31
31-40	14	0	0	14
41-50	36	0	0	36
51-60	2	0	0	2
Total	238	20	2	260

Table 2.1

There are different reasons for daydreaming like feeling distressed Loneliness, Mishappening in life, Past Golden Period, Feeling relaxed and others. Table 2.2. shows that loneliness is the main reason of daydreaming in students and service people. The reason of daydreaming of persons who are in business person is mishappening in life. For retired person past golden period is the reason for daydreaming and for unemployed there are the other reasons of daydreaming.

Occupation	Feeling distressed	Loneliness	Mishappening in life	Past Golden Period	Feeling relaxed	Other	
Student	4	36	1	19	114	31	205

Service	0	12	2	0	14	6	34
Business	6	0	12	0	0	0	18
Retired	0	0	0	1	0	0	1
Unemployed	0	0	0	0	0	2	2
Total	10	48	15	20	128	39	260

Table 2.2

Table 2.3 displays the triggers of different occupation. The students gets trigger of daydreaming more from games, followed by music, movies, others, fictional characters from books and TV Serials. Service people get triggered from fictional characters from books, business person get trigger from movies, retired person get trigger from music and unemployed person get trigger from others.

	Movies	Music	TV Serials	Games	Fictional characters from books	Others	
Student	40	44	17	53	23	28	205
Service	3	1	0	0	12	18	34
Business	6	0	0	12	0	0	18
Retired	0	1	0	0	0	0	1
Unemployed	0	0	0	0	0	2	2
	49	46	17	65	35	48	260

Table 2.3

There is relationship of Daydreaming and its positive and negative impact

Table 2.4 shows the high and moderate correlation between daydreaming and its effect. There is significant positive and significant relationship between daydreaming and its effects, $r(260) = .607, .407, p = .001$

Correlations			
	DDM	RPNM	RPPM
DDM	1	.607**	.407**
RPNM	.607**	1	.322**
RPPM	.407**	.322**	1
	260	260	260

****.** Correlation is significant at the 0.01 level (2-tailed).

Table 2.4

4 Results

4.1 Measurement Model

4.1.1 Reliability and Validity

As the scale is taken from existing questionnaire, the reliability and validity of all the constructs are checked. Cronbach Alpha of negative and positive effect of daydreaming is above 0.70 and of daydreaming is 0.669. AVE of all constructs are above 0.5 except daydreaming. A reliability value shows the consistency of measurement instruments. Cronbach alpha is more than 0.60 which shows the reliability of data. Table 2.5 shows the cronbach alpha for checking the reliability and convergent validity of all measurement scales.

Construct Reliability and Validity

	Cronbach's Alpha	Composite Reliability	Average Variance Extracted (AVE)
Day Dreaming	0.669	0.738	0.309
Negative effect	0.871	0.901	0.570
Positive effect	0.756	0.888	0.800

Table 2.5

Structural Model

Figure1 shows that daydreaming has more negative impact (Beta= 0.790, t=0.624, p<0.001) compared to positive impact (Beta= 0.411, t=169 p<0.001).

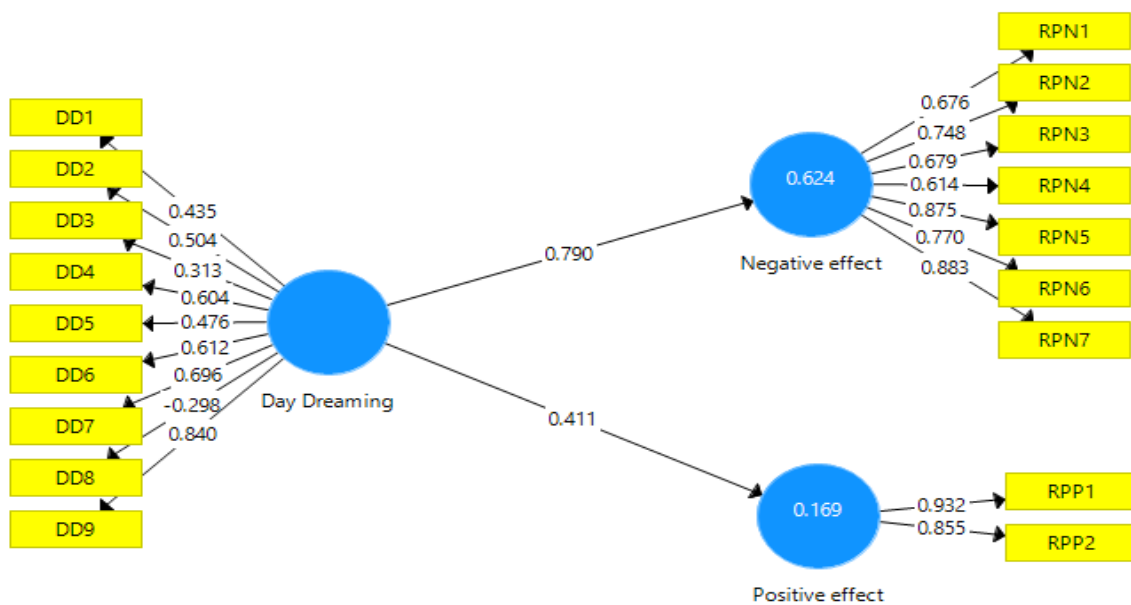


Figure 1

5. Future scope

Few researches are conducted on this topic. Less data is available. Future studies should include a wider age range. Different and unique indicators and variables should be used in future studies so that the topic can be explained in a better and more organised method. Also, people with different styles of daydreaming might have different effects. The data collected is online so there is no authenticity of it as people may fill wrong information maybe because they are scared that someone might get to know. Instead, data should be collected face to face as it would be more reliable.

6. DISCUSSION

There are multiple reasons of daydreaming. It can have both positive and negative effects on people. Excess of everything is harmful and so if excess daydreaming, commonly known as maladaptive daydreaming. Daydreaming helps us see a path, where the unknown and unreal becomes seen and known and then ultimately much closer to being real. For some people, its normal and just something they see while sleeping, for others it can turn out to be conjurers to health. As we know, all men dream, but not equally. Some dream at night and wake up in the morning to find that it was vanity. But the dreamers of the day are the dangerous men, for they may act on their dreams with open eye to make it possible. It is all in their minds. They can change their daily habits and do great miracles but it will take efforts. People need to learn to face challenges of life and it is for sure they will love

the fruit they achieve in the end. Try to keep your triggers low by engaging in group activities and connecting with people because then people would not have time to daydream as daydreams occur only when people are free. Running from a problem is not a solution of anything as the more you run from it, the more dangerous it gets. It is good to daydream because you can only achieve your goals when you define them, but not just dream, work on it too. Let us make daydream a choice, not an accident!

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