

Faculti Summary

<https://faculti.net/walking-back-to-happiness-the-resurgence-of-latent-callings-in-later-life/>

This video discusses the concept of "callings" in relation to work, distinguishing between work viewed as a job, a career, or a calling. A calling is characterized as a passionate engagement with one's work, which can lead to positive emotions and personal well-being when pursued. The speaker highlights research showing that not pursuing a calling can result in negative feelings such as regret and stress.

The research introduces the idea of "latent callings," which refers to unfulfilled passions in individuals that persist over time and reemerge when circumstances allow. It categorizes abandoned callings into "missed callings" (those given up) and "additional callings" (having multiple callings that may not all be pursued).

The study particularly focuses on individuals who felt called to music but didn't pursue it professionally, exploring how they managed this throughout their working lives. It identifies three coping pathways: the Accommodation Pathway (maintaining music as a hobby), the Deferred Pathway (long periods without engaging with music), and the Emergent Pathway (initially weak calling that leads to extensive retraining in retirement).

Findings suggest that many participants expressed gratitude for not pursuing a musical career, as doing so allowed them to enjoy music more freely and with greater agency in their later years. Overall, the text calls for deeper research into the complexities of callings and the experiences of individuals with latent callings, particularly in retirement, suggesting that this phase can be a time of proactive engagement rather than decline.