



GRATITUDE AND SUBJECTIVE WELL BEING AMONG ADOLESCENTS

¹Hiranmayi V, ²Dr Shivani Bhambri,

¹Student, MA Clinical Psychology, Amity University, Noida UP 210301, India

²Assistant Professor, Psychology, Amity University, Noida UP 210301, India

Abstract

Background: The field of positive psychology has created a significant number of interventions in the past ten years that aim to improve students' well-being by identifying and comprehending human strengths and virtues. Research suggests that therapies that emphasize the application of positive psychological traits, like Gratitude, may improve students' subjective well-being.

Aim: This study makes an effort to investigate the positive human qualities such as Gratitude, students' subjective well-being, and the relationship between the two.

Method: Using a convenience sampling technique, 110 undergraduate and graduate students of both sexes, enrolled in various courses, and aged between 18 and 25, were chosen as samples from various institutions. The participants were administered the Questionnaire related to Gratitude and Subjective Well Being.

Result: It has been discovered that there is a considerable positive correlation between subjective well-being and gratitude.

Conclusion: Based on the results it is seen that engaging in these positive psychological virtues will improve one's subjective wellbeing and contribute to happier, more fruitful lives.

Keywords: Gratitude, Positive Psychology, Virtues, Well Being

Introduction

Gratitude is a positive emotion that is marked by appreciation and thankfulness and is associated with a number of advantages for both physical and mental health. Feelings of kindness, warmth, and other manifestations of generosity arise when you acknowledge and value something or someone in your life.

Depending on the context and how it is used, the phrase "gratitude" can mean different things to different individuals. Generally speaking, being thankful is knowing that something good has happened in your life. It also involves acknowledging that someone is responsible for that wonderful experience, which could be a higher power, a non-specific source like nature, or a specific person in your life.

Self-rated well-being, or subjective well-being (SWB), is the term used to describe how individuals perceive and assess various facets of their lives.

It is frequently used to gauge happiness and mental health and could be a significant predictor of a person's longevity, happiness, and general health.

Because of this, it has become a valuable public health indicator that not only allows psychologists to gauge people's life satisfaction but also provides data to inform social, economic and public health policies. Subjective well-being measures are used by policy makers to gauge the effectiveness of social policies and assess the state of societies.

Numerous writers have investigated and promoted a theoretical connection between wellness and thankfulness (Fredrickson, 2004 & Emmons, 2008). This association makes sense from a very practical standpoint. Being grateful, appreciative, and appreciative tends to cultivate pleasant emotions, which in turn enhance one's general sense of wellbeing. Thus, it seems that a person's wellness is influenced by a variety of factors, including appreciation. This relationship is supported by several empirical endeavors in addition to theoretical speculation.

This study aims to find out the relationship between Gratitude & Subjective Well-being among adolescents, To critically review the existing literature on the effect of Gratitude on Subjective Well-being among adolescents and to provide recommendations regarding the effect of Gratitude on Subjective Well-being among adolescents

Method

The method section may include the following headings

Study Design

The study begins with the following hypothesis.

H1: There will be a significant relationship between Gratitude & Subjective Well-being

H2 :There will be a significant gender difference between gratitude and subjective well-being.

H3: Gratitude will significantly predict subjective well-being.

Participants

The sample comprised of 116 participant in the age group of 17-19 years The sample was

collected within India only. The sampling used was random sampling

Tools Used

Two questionnaires were used

The Gratitude Questionnaire-Six Item Form (GQ-6) was used, which was developed by McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). There are 6 items in the questionnaire. Satisfaction With Life Scale (SWLS) was used which was developed by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). There are 5 items in the questionnaire. The reliability and validity of Gratitude six item scale are 0.82 and 0.67 respectively. The reliability and validity of Satisfaction with life scale are 0.79 and 0.5 respectively.

Procedure

Variables of the study

- a) Independent Variables: Gratitude
- b) Dependent Variables: Subjective Well Being

The sample of the present study included young adults who were in the age group of 17 to 19 years. Before administering the questionnaires, the participants were given an instruction and consent form, that informed them about the purpose of the study and took their informed consent for voluntary participation in the study. The participants were administered the Questionnaire related to Gratitude and Subjective Well Being. The participant was given sufficient time to complete the questionnaires. Afterwards, the scores were

computed, and the results were interpreted and analyzed

Result

Mean and Standard deviation scores of participants.

From the analysis of above scores, it is seen that Gratitude scores are normally distributed, with a slight concentration near the mean and Participants generally report high well-being, with very little variability

Pearson Correlation Coefficient scores for Adolescents

Pearson Correlation coefficients for correlation between Gratitude and Subjective Well Being for young adults which is 0.374 significant at 0.01 level. There is a positive relationship between the 2 variables i.e. Gratitude and Subjective Well Being. Hence Subjective Well being tends to rise in tandem with an increase of gratitude

T-test Scores

The following are the interpretation of T test scores

Subjective Well-Being (SWB): The mean SWB score for 34 male adolescents was $M = 28.29$, $SD = 1.47$. The mean reported by female teenagers ($N = 82$) was $M = 28.02$, $SD = 3.16$. $t(114) = 0.476$, $p = .635$, indicates that the mean difference was not statistically significant. Gratitude: The mean score for male adolescents was $M = 33.65$, $SD = 2.51$. The mean for female adolescents was $M = 33.54$, $SD = 2.39$. Moreover, the mean difference was not statistically significant ($t(114) = 0.223$, $p = .824$).

Independent Samples test

The interpretation from Independent Samples test is as under:

SWB, or subjective well-being:

The p-value (Sig. 2-tailed) is greater than 0.05, at $p = .635$. This indicates that the subjective well-being of men and women does not differ statistically significantly.

Gratitude:

The p-value (Sig. 2-tailed) is larger than 0.05, at $p = .824$. This suggests that there is no statistically significant difference between men and women's levels of thankfulness.

Regression

Analysis of Regression yields the following results

The subjective well-being (SWB) scores deviate from the mean by roughly 2.76 points, as indicated by the standard deviation of 2.762. Gratitude scores have a variance of roughly 2.41 points around the mean. On the overall the gratitude scores vary less than SWB.

Discussion

Gratitude is a positive emotion that is marked by appreciation and thankfulness and is associated with a number of advantages for both physical and mental health. Feelings of kindness, warmth, and other manifestations of generosity arise when you acknowledge and value something or someone in your life.

Self-rated well-being, or subjective well-being (SWB), is the term used to describe how individuals perceive and assess various facets of their lives.

It is frequently used to gauge happiness and mental health and could be a significant predictor of a person's longevity, happiness, and general health.

The aim of the dissertation is to study the effect of Gratitude on Subjective Well being among adolescent. The objective of this study was to find out the relationship between Gratitude & Subjective Well-being among adolescents. The sample consisted of 116 adolescents (male = 34, female = 82) between the ages of 17 and 19 years in India.

The random sampling method was employed.

Two questionnaires, the Gratitude questionnaire 6 item form and Satisfaction with life scale were used to collect data from participants in this study. Participants were given the Gratitude questionnaire 6 item scale and satisfaction with life scale as part of the procedure. The questionnaires were given to the participants with sufficient time for response. The scores were then computed, and the results were interpreted and analysed. The test results were analyzed using statistical tools, specifically Pearson correlation test the t test and Linear regression were used to assess the correlation between the variables.

Results and Analysis

Hypothesis 1: There will be a significant relationship between Gratitude & Subjective Well-being.

Pearsons correlation coefficient between Gratitude and Subjective Well Being for adolescents has been computed as 0.374 significant at 0.01 level. Thus there is a positive relationship between the 2 variables i.e. Gratitude and Subjective Well Being. Hence subjective well being tends to increase of gratitude. As a result H1 is proved.

Hypothesis 2 : There will be a significant gender difference between gratitude and subjective well-being.

Results indicates that the mean difference between males and females in respect of gratitude and Subjective well being was not statistically significant. As a result H2 is not proved .

Hypothesis 3 : Gratitude will significantly predict subjective well being.

Pearsons correlation coefficient between Gratitude and Subjective Well Being for adolescents has been computed as 0.374 significant at 0.01 level.. The two variables, Gratitude and Subjective Well Being, have an direct relationship. As a result, H3 is not proved

Furthermore, based on the results of the t test & ANOVA, the following conclusion is reached. There is no significant gender difference on Gratitude and Subjective Well Being.

Previous Study Findings : This finding is supported by a study (Jeffrey J Froh et al 2009), which attempted to examine the gender differences in Gratitude and Subjective Well-being in early adolescence. Positive association was found between Gratitude and Subjective Well-being. It was also found that boys compared to girls derive more social benefits from gratitude, Another study (Emmons et al, 2003) concludes that focus on blessings may have emotional and interpersonal benefits.

Quantitative result : The quantitative finding is that Gratitude has a positive correlation with Subjective Well Being in adolescents . As a result, an increase in Gratitude increases Subjective Well Being and vice versa.

Limitations

- The sample has a small number of participants.
- the sample is only representative of Indian working professionals,
- generalizability for other cultures is limited.

Future Research Directions

Future studies should consider measuring how gratitude affect subjective Well Being with a much larger sample size that is more representative of the Indian population, so that the results can be generalised to a much larger population and a more accurate picture of the relationship between the variables can be obtained. Future research should consider

developing a standardised Scale to help adolescents become aware of effects of gratitude on Subjective Well Being, allowing them to take proactive and necessary action to improve it.

Conclusion

Gratitude is a positive emotion that is marked by appreciation and thankfulness and is associated with a number of advantages for both physical and mental health. Feelings of kindness, warmth, and other manifestations of generosity arise when you acknowledge and value something or someone in your life.

Self-rated well-being, or subjective well-being (SWB), is the term used to describe how individuals perceive and assess various facets of their lives .

The aim of this study is to find the effect of gratitude and subjective well being among adolescent . The sample size is 116 participants . The questionnaires used are Gratitude questionnaire 6 item scale and satisfaction with life scale .

The scores were then computed, and the results were interpreted and analysed.

The statistical tools use are pearsons correlational test , T test and Linear Regression .

Hypothesis 1 says that There will be a significant relationship between Gratitude & Subjective Well-being which means there is a positive relationship between the 2 variables i.e.

Gratitude and Subjective Well Being. Hence subjective well being tends to increase of gratitude as a result H1 is proved. Hypothesis 2 says that There will be a significant gender

difference between gratitude and subjective well-being . Results indicates that the mean difference between males and females in respect of gratitude and Subjective well being was not statistically significant. As a result H2 is not proved

. Hypothesis 3 says that Gratitude will significantly predict subjective well being. The two variables, Gratitude and Subjective Well Being, have an direct relationship. As a result, H3 is not proved . Furthermore, based on the results of the t test & ANOVA, the following conclusion is reached. There is no significant gender difference on Gratitude and Subjective Well Being.

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