



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## THE IMPACT OF GRATITUDE ON WELL BEING OF FINAL YEAR STUDENTS

Major Project Submitted as the partial fulfillment for the degree of  
Master of Arts

(Counseling Psychology)

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### INTRODUCTION

#### GRATITUDE

When we value and notice the wonderful aspects of our lives, we can experience the positive emotions of gratitude. It entails expressing gratitude and appreciation towards the events, individuals, and experiences that enhance our life and wellbeing.

Within the positive psychology discipline that is concerned with fostering wellbeing and ideal functioning gratitude has received substantial study. According to research, (Emmons, 2003) cultivating gratitude can have a wide range of advantages, such as better mental and physical health, stronger ties with others, and more resiliency in the face of adversity.

## WELL-BEING

Although a universally agreed-upon definition of well-being is lacking, it is generally recognized that it encompasses experiencing beneficial emotions (such as contentment and happiness), absence of negative emotions (such as depression and anxiety), satisfaction with life, fulfillment, and positive functioning. Overall, well-being can be described as maintaining a positive perspective on life and feeling good. Furthermore, physical well-being (including feeling physically strong and energized) is considered crucial for overall well-being in the context of public health. Researchers from various disciplines have explored several aspects of well-being, including physical health, economic success, societal well-being, progress and activity, emotional well-being, psychological well-being, life satisfaction, domain-specific contentment, and meaningful engagement in work and hobbies.

## GRATITUDE AND WELLBEING

Several scholars have advocated for the theoretical connection between happiness and gratitude. In practical terms, this relationship is logical: gratitude fosters positive emotions, which, in turn, enhance overall well-being. Therefore, it can be concluded that gratitude is among the multiple factors that contribute to an individual's sense of well-being. Empirical studies conducted during the first decade of this century provide evidence supporting this connection, reinforcing the theoretical propositions.

## METHODOLOGY

**AIM:** The aim of the study is to examine the impact of Gratitude on well being amongst final year college students.

The study involved a sample of 100 participating students who were subjected to the research procedures in their final year of UG and PG course and who have just passed out. The sample included both Male (n=45) and Female (n=55) students who were randomly selected from various fields such as arts, science and commerce in and around Noida and Hyderabad. Their age ranged between 21 to 27 years. Only those participants in the sample were selected who could read and understand English language.

## RESULTS AND DISCUSSION

### Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Gratitude	100	2.00	7.00	4.8317	.93968
Wellbeing	100	.00	8.93	5.8907	1.86410
Valid N (list wise)	100				

The level of gratitude (M=4.8) and its standard deviation (.93) are shown in the table. The results show that, those in colleges who took part in the study have an average degree of gratitude. The participants from the modern age are further shown to have a moderate awareness of and a good attitude towards what they are provided with or have for their way of life by this. With no doubt, learning and experience help to shape this mentality. Although the participants are too young to have such an experience, this may be the outcome of parenting and taking in information from one's environment.

People evaluations from certain participants reflect low levels of attitude towards gratitude, even though overall results show that young people generally have an average level of gratitude. These participants' socioeconomic backgrounds, such as single parent families, single status, and participants from very humble backgrounds, may be the cause of their low scores, which can be determined by looking at their scores. However, further investigation is required to determine the impact of other factors because the present research has certain data collection limitations.

The psychological well-being scale The average value of 5.8 and dispersion of the data are represented by the mean and standard deviation, respectively of 1.8. It demonstrates that the psychological well-being of the college students who took part in the current study is on par with average. How people assess their life is referred to as psychological well-being.

## Correlations

		Gratitude	Wellbeing
Gratitude	Pearson Correlation	1	.403**
	Sig. (2-tailed)		.000
	N	100	100
Wellbeing	Pearson Correlation	.403**	1
	Sig. (2-tailed)	.000	
	N	100	100

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

The correlation between gratitude and psychological well-being is depicted in the table. The examination of the data showed a substantial positive link between gratitude and psychological well-being ( $r = .403$ ). The correlation between the variables is modest in strength and is judged to be substantial at the .01 level. This implies that rising psychological well-being, one variable, is correlated with rising gratitude, and vice versa. The alternative hypothesis is accepted since the results showed that gratitude and psychological well-being are related to one another in both direct and indirect ways and that the variables can have an impact on one another.

The purpose of the current study was to investigate the link between college students' psychological well-being and their level of gratitude. From the data, three broad conclusions could be drawn. First, the findings showed that students in college had average levels of gratitude and psychological wellbeing. The second finding from the study found a strong positive association between the two variables being examined, namely psychological well-being and gratitude. Correlation strength ranged from moderate to high, and it was significant at the .01 level.

The third finding of the study is that there is an important beneficial and moderate link between gratefulness and aspects of psychological well-being. This suggests that there are connections between all of the study's variables. It means that other positive qualities, including psychological well-being, can be improved by raising one attribute, specifically the level of gratitude.

Most importantly, the results of this study support the study's assumptions because they show that appreciation and psychological well-being are related to one another in both direct and indirect ways and that the two variables can interact. The alternative theory is therefore accepted. One of the powerful, positive feelings that can bring about inner peace, excellent health, self-realization, determination, forgiveness, motivation, and profound delight and

pleasure in humanity is gratitude. Therefore, the person who has a strong sense of thankfulness for what they have in life would undoubtedly be happier and in better psychological health.

Giving to others might vary depending on a person's duties as a son or daughter, parent, sibling, student, or member of the community. Every person can experience a strong sense of life's purpose when they are grateful.

## CONCLUSION

The current study looked into the connection between happiness, psychological well-being, and gratitude among college students. The findings imply a substantial relationship between Gratitude and Psychological Well-Being and its dimensions and Happiness. The findings of this study can provide a basis for constructing a theoretical framework that explores the concept of gratitude and its related variables. This will eventually assist in treating patients with various psychological issues, and it undoubtedly helps therapists in their patient care. By using gratitude-based therapy, future research can concentrate on improving the population of adolescents' gratitude. This will improve their psychological well-being.

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